



# Session Guide Bumblebees: U4

    @247UKSoccer

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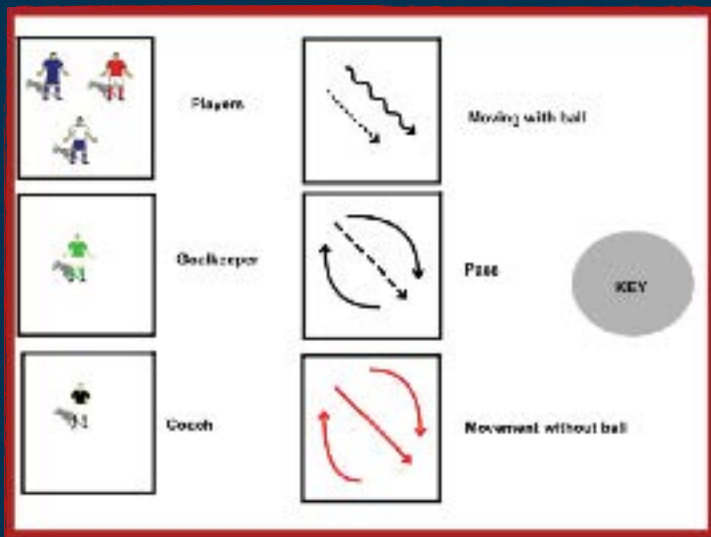
## INTRODUCTION

Dear Coach,

Welcome to a new season for the bumblebees. In this manual you will find session plans to take you through your entire season. Each session is specifically designed for players in the Introductory Phase of Development, with progressions allowing you to keep things challenging for every skill level.

Session plans consist of three activities, building in pressure, until the session concludes.

This manual should be used alongside the 24-7 Technique Guide for Players and Coaches, as this contains the breakdown of all techniques used in this resource. Fig. 1 shows the symbols used in the diagrams, so that the activities in the sessions are even easier to understand.



We are sure you will find this a useful resource when working and assisting in the development of the players, allowing them to flourish in a fun and relaxed environment.

Sincerely,

24-7 UK Soccer Academy



### Theme/Objectives:

-Teach players the basic fundamentals of dribbling.

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

#### Organisation/Explanation:

Balls spread out in area  
-Players run from ball to ball and listen for a coach command. e.g. jog ball to ball, touch each ball with your hand etc

-Players run ball to ball and perform:  
-Toe Taps, Boxes

Players then have ball and get comfortable dribbling in the area

#### Coaching Points

- Correct technique of toe taps, boxes.
- Dribbling with different parts

#### Progression(s)



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

#### Organisation/Explanation:

- Players split into teams.
- One at a time, players dribble around the 3 cones.
- Once 1st player does it, next player goes.

#### Coaching Points

- Close dribble control
- Both feet is possible.

#### Progression(s)

- Make a competition.
- If player hits cone, do 5 toe taps.



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

#### Organisation/Explanation:

- Players in middle box all with a ball each dribbling.
- Coach numbers players. If 16 players for example, give 4 players #1, 4 number #2 etc.
- When coach calls number out players break out of box and shoot in any of the goals.

#### Coaching Points

- No toes!
- Inside or laces shot.

#### Progression(s)

- Make a competition, first player to score gets a point.

### Notes:

Theme/Objectives:

-Teach players to change direction with the stop turn

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Each side of the grid will be given the name of a soccer team.
- Cones placed inside the grid randomly.
- Players dribble in the grid, when coach calls out a soccer team, players have to dribble to that side.
- If player dribbles into a cone or another player they must perform five toe taps or boxes before continuing.

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players split into 2/3' s and have a ball each.
- All players start at red cone and 1 at a time have to dribble to tall yellow cone and do the stop turn,
- Dribble back to same line then your partner goes.

Coaching Points

- Break turn into 3 parts. Stop ball with sole of your foot, then go in front of ball to protect, then flick back towards direction of your partner.

Progression(s)

- Make a race
- Point for turn done correctly.



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players in middle box all with a ball each dribbling.
- Coach numbers players. If 16 players for example, give 4 players #1, 4 number #2 etc.
- When coach calls number out players break out of box and shoot in any of the goals.

Coaching Points

- No toes!
- Inside or laces shot.

Progression(s)

- Make a competition, first player to score gets a point.

Notes:

Theme/Objectives:

-Teach players the correct technique to pass with the inside of the foot.

Age:

Mesocycle:

Microcycle:



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

Traffic lights:

Players have a ball each, coach calls out  
Red - players put foot on top of the ball  
Orange - players do 5 toe taps on ball  
Green, players run faster with the ball

Coaching Points

- Close control.

Progression(s)

- Coaches can add anything in they like.



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players in pairs and those in blue have a ball.
- Players attempt to pass through between 2 cones - in the direction of where their partner is stood.

Coaching Points

- Stepping into the ball and focusing on contact with the inside.
- 2 steps back and 1 to the side - good focus point for players

Progression(s)

- How many passes as a pair in a minute



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players in middle box all with a ball each dribbling.
- Coach numbers players. If 16 players for example, give 4 players #1, 4 number #2 etc.
- When coach calls number out players break out of box and shoot in any of the goals.

Coaching Points

- No toes!
- Inside or laces shot.

Progression(s)

- Make a competition, first player to score gets a point.

Notes:



**Theme/Objectives:**

-Reinforce the dribbling technique

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

Balls spread out in area  
-Players run from ball to ball and listen for a coach command. e.g. jog ball to ball, touch each ball with your hand etc

-Players run ball to ball and perform:  
-Toe Taps, Boxes

Players then have ball and get comfortable dribbling in the area

Coaching Points

- Correct technique of toe taps, boxes.
- Dribbling with different parts

Progression(s)



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Each player has a ball and works on their dribbling in and out of the gates,
- Work on both feet and using the sole, inside and laces parts if possible

Coaching Points

- Head up when dribbling
- Close control
- No toes

Progression(s)

- Make a competition, how many gates in a minute



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players in middle box all with a ball each dribbling.
- Coach numbers players. If 16 players for example, give 4 players #1, 4 number #2 etc.
- When coach calls number out players break out of box and shoot in any of the goals.

Coaching Points

- No toes!
- Inside or laces shot.

Progression(s)

- Make a competition, first player to score gets a point.

Notes:

**Theme/Objectives:**

-Introduce the drag back turn

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Each side of the grid will be given the name of a soccer team.
- Cones placed inside the grid randomly.
- Players dribble in the grid, when coach calls out a soccer team, players have to dribble to that side.
- If player dribbles into a cone or another player they must perform five toe taps or boxes before continuing.

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Teams split into 4 groups
- All the balls in the middle box
- Players run out 1 at a time and do a drag back on the ball and then dribble back to their team
- Next player goes when player 1 gets back.
- Once all balls out of square have players dribble back and then repeat exercise

Coaching Points

- Correct technique, pull ball back with sole of the foot on top of the ball.

Progression(s)

- Team with most balls back win



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 1v1's
- One player from each team comes and stands in front of their goal
- Coach plays ball to 1 player, who looks to score in other goal.
- If player in Red wins ball he tries to score in blue team goal

Coaching Points

- Control of first pass.
- Trying to dribble faster than a walking pace

Progression(s)

- Points for goals.

Notes:



**Theme/Objectives:**

-Reinforce passing technique with the inside of the foot.

Age: U4

Mesocycle:

Microcycle:



**Duration:** 10 mins

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

Traffic lights:

Players have a ball each, coach calls out  
Red - players put foot on top of the ball  
Orange - players do 5 toe taps on ball  
Green, players run faster with the ball

Coaching Points

- Close control

Progression(s)

- Coaches can add anything in they like.



**Duration:** 10 mins

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

- Teams split into 2' s
- Each player has a ball each
- Aim is to try and knock over the tall cones in the middle.
- Collect ball after pass and come back to start to try again

Coaching Points

- Inside the foot pass
- Line up pass by pointing non kicking foot to the target

Progression(s)

- Competition



**Duration:** 10 mins

**Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

- 1v1' s
- One player from each team comes and stands in front of their goal
- Coach plays ball to 1 player, who looks to score in other goal.
- If player in Red wins ball he tries to score in blue team goal
- 

Coaching Points

- Control of first pass.
- Trying to dribble faster than a walking pace

Progression(s)

- Points for goals

Notes:

**Theme/Objectives:**

-Introduce Matthew's move - showing technique on how to 'take on' a defender

Age:

Mesocycle:

Microcycle:



**Duration:** 10 mins **Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

Balls spread out in area  
-Players run from ball to ball and listen for a coach command. e.g. jog ball to ball, touch each ball with your hand etc

-Players run ball to ball and perform:  
-Toe Taps, Boxes

Players then have ball and get comfortable dribbling in the area

Coaching Points

- Correct technique of toe taps, boxes.
- Dribbling with different parts

Progression(s)



**Duration:** 10 mins **Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

- Players dribble with a ball to the cone and perform their move
- Then dribble down to other end to their partner who repeats in the other direction.

- Players can start with a walk up to the cone

Coaching Points

- Technique of move, playing dropping one shoulder and going the other way

Progression(s)

- Points for great moves.



**Duration:** 10 mins **Intensity:**

**Intervals:**

**Work:Rest:**

Organisation/Explanation:

- 1v1's
- One player from each team comes and stands in front of their goal
- Coach plays ball to 1 player, who looks to score in other goal.
- If player in Red wins ball he tries to score in blue team goal

Coaching Points

- Control of first pass.
- Trying to dribble faster than a walking pace

Progression(s)

- Points for goals.

Notes:

**Theme/Objectives:**

-Teach basic technique of shooting, introducing shooting with either inside or laces part of the foot.

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Each side of the grid will be given the name of a soccer team.
- Cones placed inside the grid randomly.
- Players dribble in the grid, when coach calls out a soccer team, players have to dribble to that side.
- If player dribbles into a cone or another player they must perform five toe taps or boxes before continuing.

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 2 goals
- Coaches start with all the balls
- Coaches gently pass ball out so player has to run from their cone onto the ball to shoot 1st time,
- Join back of the line once had shot.

Coaching Points

- Try to get players to use laces.
- Keep head down and focused on the ball
- Run towards the ball and follow through

Progression(s)

- Make competition



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 2v2's
- Two players from each team comes out and stands in front of their goal
- Coach plays ball to 1 player, who looks to work with his teammate to score in other goal.
- If players in Red win the ball they try to score in blue team goal

Coaching Points

- Working in pairs, spread out
- Can they dribble past a player.
- Can they pass to teammate

Progression(s)

Notes:



Theme/Objectives:

Age:

Mesocycle:

Microcycle:



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

Traffic lights:

Players have a ball each, coach calls out  
 Red - players put foot on top of the ball  
 Orange - players do 5 toe taps on ball  
 Green, players run faster with the ball

Coaching Points

- Close control

Progression(s)

- Coaches can add anything in they like.



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players split into teams,
- One at a time, players dribble around the 3 cones.
- Once 1st player does it, next player goes.

Coaching Points

- Close dribble control
- Both feet is possible.

Progression(s)

- Make a competition.
- If player hits cone, do 5 toe taps.



Duration: 10 mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 2v2' s
- Two players from each team comes out and stands in front of their goal
- Coach plays ball to 1 player, who looks to work with his teammate to score in other goal.
- If players in Red win the ball they try to score in blue team goal

Coaching Points

- Working in pairs, spread out
- Can they dribble past a player.
- Can they pass to teammate

Progression(s)

-

Notes:

Theme/Objectives:

Age: U4

Mesocycle:

Microcycle:



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

Balls spread out in area  
-Players run from ball to ball and listen for a coach command. e.g. jog ball to ball, touch each ball with your hand etc

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Players then have ball and get comfortable dribbling in the area

Coaching Points

- Correct technique of toe taps, boxes.
- Dribbling with different parts

Progression(s)



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Players split into 2/3' s and have a ball each.
- All players start at red cone and 1 at a time have to dribble to tall yellow cone and do the stop turn or drag back.
- Dribble back to same line then your partner goes.

Coaching Points

- Correct technique of either turn.
- Focus on players getting the ball to go back in the same direction they come from.

Progression(s)

- Make a race
- Point for turn done correctly.



Duration: 10 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- 2v2' s
- Two players from each team comes out and stands in front of their goal
- Coach plays ball to 1 player, who looks to work with his teammate to score in other goal.
- If players in Red win the ball they try to score in blue team goal

Coaching Points

- Working in pairs, spread out
- Can they dribble past a player.
- Can they pass to teammate

Progression(s)

Notes: