



Session Guide Grasshoppers: U5 - U6



@247UKSoccer

www.24-7uksocceracademy.com

CONTENTS

PAGE	TITLE
3	Introduction
4	Dribbling technique + boxes/toe taps
5	Dribbling + toxes/sticky tape
6	Passing with inside + yo yo inside/yo yo laces
7	Drag back turn + inside, outside/sole roles
8	Reinforce passing + boxes/toe taps
9	Outside hook turn + toxes/sticky tape
10	Introduce matthews/scissors move + yo yo inside/yo yo laces
11	Shooting technique + inside, outside/sole roles
12	Reinforce shooting + boxes/toe taps
13	1v1' s and 2v2' s + toxes/sticky tape
14	1v1' s and 2v2' s + yo yo inside/yo yo laces
15	Tournament day

INTRODUCTION

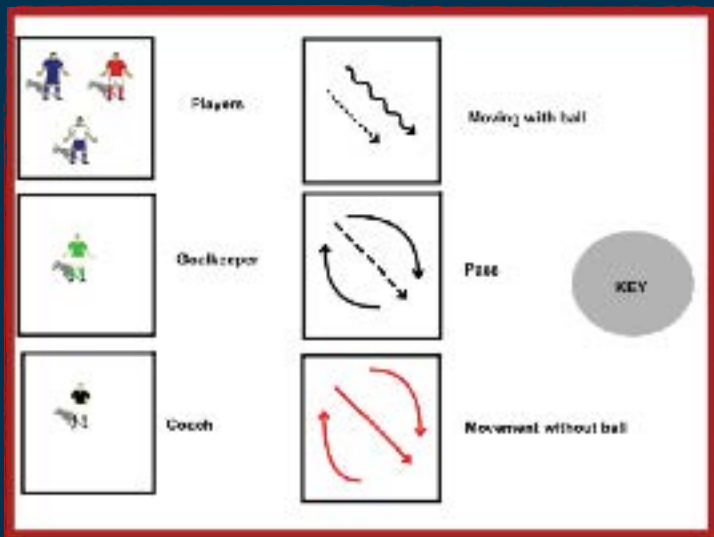
Dear Coach,

Welcome to a new season with your U5-U6 team. 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 a warm up and then one activity, building in pressure, until the session concludes with 15 minutes of small sided/free play.

Each session will start with a 15 minute warm-up that will be run by the 24-7 trainers. They will then demonstrate with one team how the 20 minute topic will run and progress. Each coach will then take their team and the 24-7 coaches will be there to support the coaches.

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 with your team(s) 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:

- Introduction of dribbling technique
- Add boxes and toe taps into the warm up

Age: 5/6

Mesocycle:

Microcycle:

Duration: 15 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 touches on ball.
- Encourage dribbling with head up.

Progression(s)

Add defender. If ball touched by defender player has to do toe taps or boxes before carrying on.

Duration: 20mins

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Players split into teams,
- One at a time, players dribble around the 3 cones then sprint back in a straight line to the partner
- 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 or boxes

Duration: 20mins

Intensity:

Intervals:

Work:Rest:



Organisation/Explanation:

- Play 4v4

Coaching Points

-- Show players diamond formation.

Progression(s)

Notes:

Theme/Objectives:

- Reinforce dribbling techniques
- Players practice toxes, sticky tape

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 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.

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race



Duration: 20mins 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.
- If players hit a cone then they have to do 5 toxes, or sticky tape.

Coaching Points

- Head up when dribbling
- Close control
- No toes

Progression(s)

- Competition
- Add defender to steal ball



Duration: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Show players diamond formation.

Progression(s)

Notes:

Theme/Objectives:

- Introduce passing technique with inside of the foot
- Players practice yo yoes inside, yo yo laces

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 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

Add numbers:
 #1 - yo yo inside
 # yo yo laces

Coaching Points

- Close control
- Execution of techniques

Progression(s)

- Add new rules



Duration: 20mins 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.

- If players miss target, have to do 3 touches of one of the above skills before passing again.

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
- Follow through on contact.

Progression(s)

- Competition, how many successful passes in a minute



Duration: 20mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Show players diamond formation.

Progression(s)

Notes:

Theme/Objectives:

- Introduce drag back turn
- Players practice inside, outside and sole roles.

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Cops and Robbers
- Players in blue ball each, have to dribble to the other end
- Players in red with a ball each, have to pass ball in and hit either players (below shin) or their ball.
- If players in blue are hit (robber) then they become a player in red (cop).

Add numbers - #1 inside, outside #2 sole roles

Coaching Points

- Close dribble
- Head up into space
- Inside the foot to pass

Progression(s)

- Blues do 3 inside/outside once caught
- Reds 3 sole roles before every round



Duration: 20mins 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.
- Or have players dribble into middle box and perform turn - depending on level.

Coaching Points

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

Progression(s)

- Competition. Team with most balls back wins.



Duration: 20mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Introduce diamond formation

Progression(s)

Notes:

Theme/Objectives:

- Reinforce passing technique with inside of the foot.
- Re-visit boxes and toe taps

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15mins 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 touches on ball.
- Encourage dribbling with head up.

Progression(s)

- Add defender. If ball touched by defender player has to do toe taps or boxes before carrying on.



Duration: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Players split into 2 teams.
- 2 target balls in the middle
- Teams try to pass their ball into the target balls.
- Aim is to hit balls into the other teams half of the field.

Coaching Points

- Inside of the foot technique
- Point non kicking foot towards the target balls.

Progression(s)

- Make competition a set time.
- Take or add extra balls



Duration: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Introduce the diamond formation

Progression(s)

Notes:

Theme/Objectives:

- Introduce outside hook
- Re-visit toxes and sticky tape

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 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.

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race



Duration: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Players dribble ball towards blue cone and perform outside hook then dribble back to their partner.
- Put all balls into the middle and do outside hook on still ball.

Coaching Points

- Correct technique, outside of the foot hitting the front of the ball.
- Accelerate once turned.

Progression(s)

- Make competition.



Duration: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Introduce diamond formation

Progression(s)

Notes:

Theme/Objectives:

- Introduce 'Matthews or Scissors move'
- Re-visit yo yoes inside and yo yo laces.

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 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

Add numbers:
 #1 - yo yo inside
 #2 - yo yo laces

Coaching Points

- Close control
- Execution of techniques

Progression(s)

- Add new rules, e.g.. Roundabout, have players practice a turn



Duration: 20mins

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.
- Matthews: dropping one shoulder and going the other way
- Scissors: foot around ball, take in other direction with other foot.

Progression(s)

- Points for proper executed move



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Diamond formation if players bunch up too often.

Progression(s)

Notes:

Theme/Objectives:

- Introduce shooting technique with laces part of the foot,
- Re-visit inside, outside and sole roles

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Cops and Robbers
- Players in blue ball each, have to dribble to the other end
- Players in red with a ball each, have to pass ball in and hit either players (below shin) or their ball.
- If players in blue are hit (robber) then they become a player in red (cop).

Add numbers - #1 inside, outside #2 sole roles

Coaching Points

- Close dribble
- Head up into space
- Inside the foot to pass

Progression(s)

- Blues do 3 inside/outside once caught
- Reds 3 sole roles before every round



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Teams of 3.
- 1 GK
- 2 Shooters.
- Players 5 yards from goal. 1 goes then GK turns around and other player goes.
- Rotate all players.

Coaching Points

- Laces or inside part of the foot.
- Non kicking foot facing the goal.
- Follow through on contact.

Progression(s)

- How many goals can they score as a pair.



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Diamond formation if players bunch up too often.

Progression(s)

Notes:

Theme/Objectives:

- Reinforce shooting technique with the laces
- Perfect toe taps and boxes technique

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15mins 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 touches on ball.
- Encourage dribbling with head up.

Progression(s)

- Add defender. If ball touched by defender player has to do toe taps or boxes before carrying on.



Duration: 20mins 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: 20mins Intensity:

Intervals: Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Diamond formation if players bunch up too often.

Progression(s)

Notes:

Theme/Objectives:

- Introduce 1v1's, and 2v2's
- Perfect toxes and sticky tape technique

Age: 5/6

Mesocycle:

Microcycle:

Duration: 15mins

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.

- Coaches have numbers -
- #1 toxes
- #2 sticky tape

Coaching Points

- Close control
- Different parts of the foot

Progression(s)

- Make a race

Duration: 20mins

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
- Looking add adding moves, turns when necessary.

Progression(s)

- Add 2nd player in each team to make 2v2

Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Diamond formation if players bunch up too often.

Progression(s)

Notes:

Theme/Objectives:

- Reinforce 1v1 and 2v2 skill
- Strengthen yo yo inside and yo yo laces technique.

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15mins

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

Add numbers:
 #1 - yo yo inside
 #2 - yo yo laces

Coaching Points

- Close control
- Execution of techniques

Progression(s)

- Add new rules, e.g.. Roundabout, have players practice a scissor or matthews.



Duration: 20mins

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
- Looking add adding moves, turns when necessary.

Progression(s)

- Add 2nd player in each team to make 2v2



Duration: 20mins

Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Diamond formation if players bunch up too often.

Progression(s)

Notes:

Theme/Objectives:

- Tournament Day
- Players to have free play, coaches their to oversee.

Age: 5/6

Mesocycle:

Microcycle:



Duration: 15 mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4
- Let players play for the full hour small sided games.

Coaching Points

- Free play

Progression(s)



Duration: 20mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Free Play

Progression(s)



Duration: 20mins Intensity:

Intervals:

Work:Rest:

Organisation/Explanation:

- Play 4v4

Coaching Points

- Free Play

Progression(s)

Notes: