

15+
SESSION

5/2/06

6:30-7:50

PRACTICE

6/7 y.o. girls.

I. WARM UP / BALL FAMILIARITY (30/40 MIN.)

A. SMALL GRID - DRIBBLING

B. LARGE GRID - DRIBBLING

1. COACHING POINTS

a. HEAD UP - LOOKING FOR SPACE

b. CLOSE CONTROL OF BALL (BABY STEPS)

c. STAY AWAY FROM OTHERS

2. "STOP/GO"

a. TRY TO BE FIRST TO STOP (SOLE OF FOOT)

3. "SIMON SAYS"

a. STOP BALL WITH BODY PART CALLED OUT (ELBOW, KNEE, ETC.)

ISABEL
HANNAN
TIA
EMILY
RHEA
ALISSA
MELISSA
SOPHIE
MACY

II. SKILLS (10/20 MIN)

A. INTRODUCE 'DRAG BACK'

1. DEMONSTRATION

2. 2 CONES / PLAYER - DRIBBLE BACK & FORTH, USE CONE AS OPPONENT

DRAG BACK TO GET AWAY FROM CONE & GO TO OTHER CONE

3. BACK INTO GRID

1. DRAG BACK ON COMMAND

2. FREE DRIBBLE - ENCOURAGE PLAYERS TO LOOK FOR

GOOD DRAG BACK TIMES (NEED SPACE, EDGE OF GRID, ETC.)

III. GAME (FLEX TIME TO FIT)

- SPLIT EVENLY, SMALL GOALS, MODIFY SCORING

IV. HOMEWORK (LAST 10 MIN.)

- DIDDLEY DOO'S: AS MANY AS POSSIBLE BEFORE SATURDAY.