



# Interactive Session Plan™



Coach Superkick Juniors Academy U4

Session date Week 2

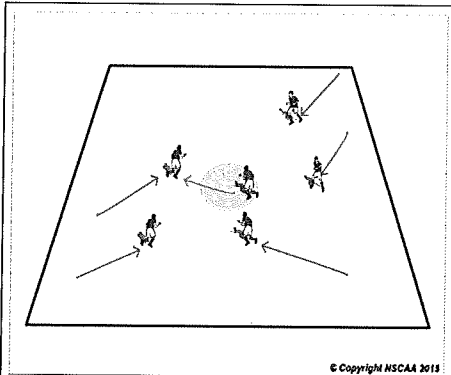
Time available 45

Topic

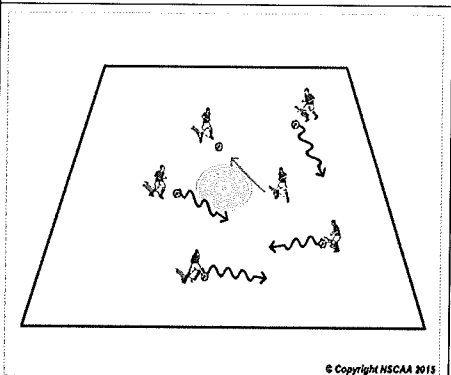
Turns with the inside of the foot  
How: Cut behind leg When: Defender is in front of you

Technical / Tactical

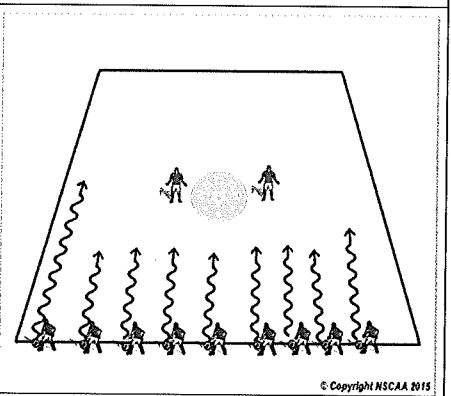
Tactical / Technical



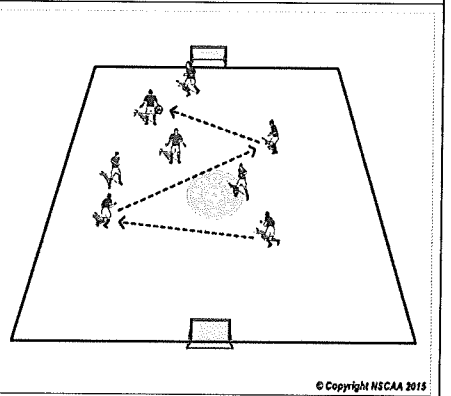
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WARM-UP	
Organization	Key Coaching Points
<p><b>Tag:</b> Taggers hold a penny and move without a ball. If a player performs an inside of the foot cut to turn the ball the tagger can not tag them. If the tagger tags them without an Inside Cut, the tagger gets the ball and the player gets the penny.</p> <p><b>Variation:</b> Introduce the Cut Behind leg, If player does either the Cut Behind or Inside Cut they are not tagged.</p>	<ul style="list-style-type: none"> <li>* Movement without the ball to close down space</li> <li>* Change of direction with the inside of the foot</li> <li>* Head up to avoid taggers</li> <li>* Close control of the ball (2 steps)</li> </ul>
ACTIVITY 1	
Organization	Key Coaching Points
<p><b>Bulldog:</b> One player does not have the ball and is the bulldog. That player looks to touch a ball from any player that has one to steal it. If the player does an Inside Cut or Cut Behind to change direction and avoid the bulldog.</p> <p><b>Variation:</b> Player has 5 seconds of 'safe zone' after performing the move</p>	<ul style="list-style-type: none"> <li>* Movement without the ball to close down space</li> <li>* Change of direction with the inside of the foot</li> <li>* Head up to avoid the Bulldog</li> <li>* Close Control of the ball (2 steps)</li> </ul>
ACTIVITY 2	
Organization	Key Coaching Points
<p><b>Red Light Green light:</b> Players move around the space, when the coach calls a color the players do the appropriate action for the color. Red=Stop Green=Go Blue= Inside Turn Gray= Cut Behind Leg Yellow= Jumping Jacks Black= Trade Soccer Balls (Make sure you have the turns, rest can be fun)</p>	<ul style="list-style-type: none"> <li>* Close control of the ball</li> <li>* Listening and reaction to coaches commands</li> <li>* Head up to avoid other players</li> <li>* Changes of direction with the inside of the foot</li> <li>* Close Control of the ball (2 steps)</li> </ul>
GAME	
Organization	Key Coaching Points
<p><b>Normal Game rules:</b> Restarts: Pass or Dribble Goal: Touch the goal you are defending</p> <p><b>Variations:</b> Inside Cut or Cut behind+ Goal = 5 Points</p>	<ul style="list-style-type: none"> <li>* When can we use the Cut Behind to get away from defenders to create space?</li> <li>* Can you use the Inside cut to create space to get away from defenders?</li> </ul>