



# Interactive Session Plan™



Coach Superkick Juniors Academy U4

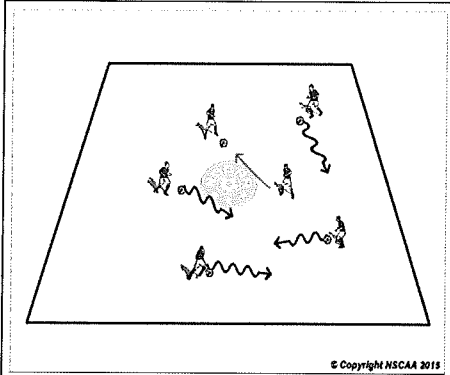
Session date Week 3

Time available 45

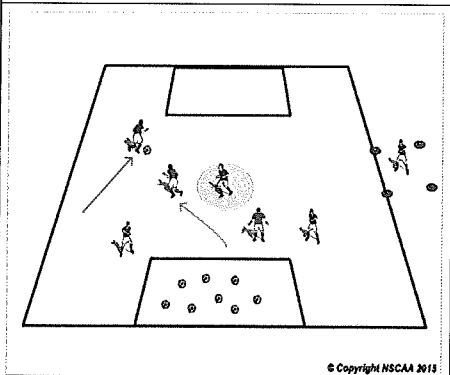
Topic Turns with the Outside of the foot  
How: Outside Cut When: The defender is in front of you with space behind you

Technical / Tactical

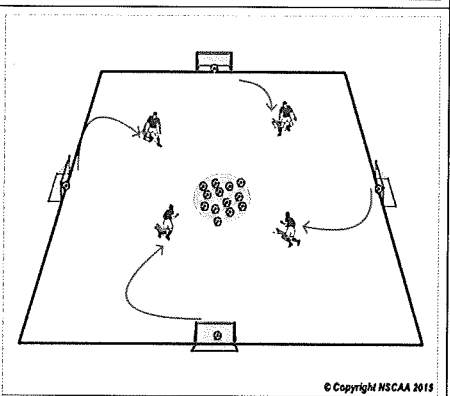
Tactical / Technical



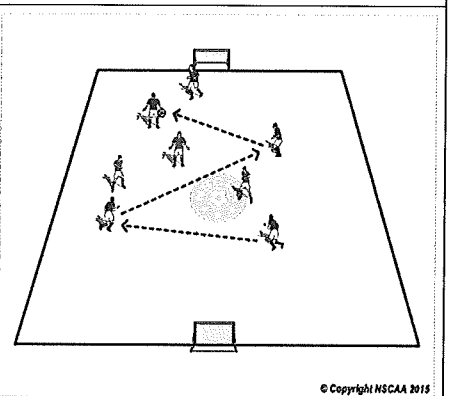
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WARM-UP	
Organization	Key Coaching Points
<p><b>Body Part Dribble:</b></p> <p>Players dribble the ball with their feet, when the coach calls out a body part, players try to use that surface to dribble the ball. Ex. Head, knees, hip, thighs, inside/outside of the foot</p> <p>Introduce the Outside of the foot cut.</p>	<ul style="list-style-type: none"> <li>* Close control (2 steps)</li> <li>* Listen to the coaches command and show appropriate action</li> <li>* Show the Outside of the foot cut</li> </ul>
ACTIVITY 1	
Organization	Key Coaching Points
<p><b>Jail Break:</b></p> <p>Robbers try to steal "money" from the "bank" and take it back to their hide out. If the robbers show the outside cut before the "Cops" tag them, then they have a "safe zone" for five seconds. If the cop tags the robber they go to jail. Jail break happens if a player shows 10 foundation before being tagged.</p>	<ul style="list-style-type: none"> <li>* Close Control (2 steps)</li> <li>* Head up to avoid Cops</li> <li>* Use of the outside cut when cops are getting close</li> <li>* Changes speed and direction with outside cut</li> <li>* Recognizes when teammates are in jail and try to help them</li> </ul>
ACTIVITY 2	
Organization	Key Coaching Points
<p><b>Scavenger Hunt:</b></p> <p>All soccer balls start in the middle of the field. Players will attempt to collect as many soccer balls with their feet and put them into their goal. Encourage the use of the inside/outside turns to get the ball turned back towards their goal. *Pirates taking treasure back to their boats.</p> <p>Variations: Only outside turn: Can steal from other teams: Timed.</p>	<ul style="list-style-type: none"> <li>* Close control (2 steps)</li> <li>* Head up to avoid other scavengers</li> <li>* Outside of the foot turn to free the soccer ball</li> <li>* Recognizes their teammates and helps them free the ball.</li> <li>* Changes speed when taking their treasure back to the goal.</li> </ul>
GAME	
Organization	Key Coaching Points
<p><b>Normal Game:</b></p> <p>Restarts: Set ball, Dribble or Pass Goals: Touch the goal you are defending</p> <p>Variation: Outside cut+ Goal= 5 points Inside or Cut behind leg + Goal= 2 points</p>	<ul style="list-style-type: none"> <li>* Head up to find space</li> <li>* Turn with the outside of the foot</li> <li>* Change of speed and direction when confronted by a defender.</li> </ul>