



# Interactive Session Plan™



Coach **Superkick Juniors Academy U4**

Session date **Week 4**

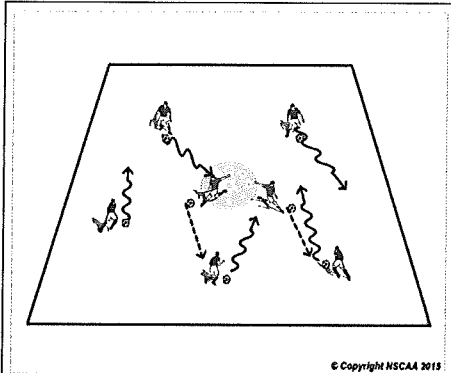
Time available **45**

Topic

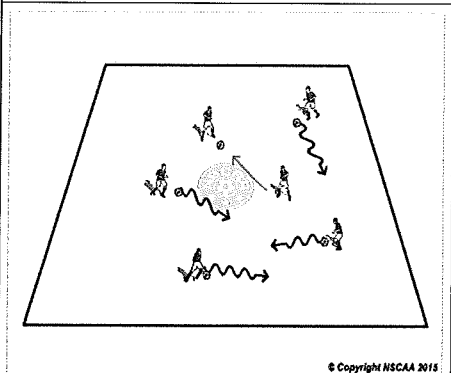
Topic: Turns with the outside of the foot  
How: Step Over Turn (pretzel Turn) When: Defender is in front of you with space behind you

Technical / Tactical

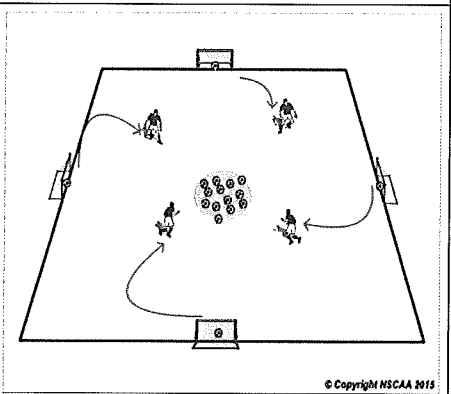
Tactical / Technical



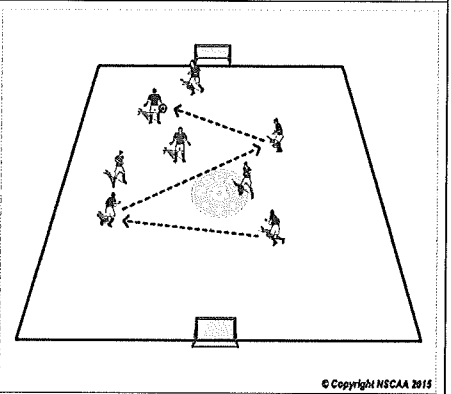
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WARM-UP	
Organization	Key Coaching Points
<p><b>Freeze Tag: (W/Ball)</b> Taggers will attempt to perform a hand tag on a play with a ball. If the player is frozen they must hold their ball above their head and spread their legs apart. To be unfrozen, another player with a ball plays their ball between the frozen persons legs. If players perform an outside cut or Step Over turn, they are safe.</p> <p>Variation: Taggers attempt to tag using their soccer ball. Hit the leg, below the knee, or soccer ball results in freezing.</p>	<ul style="list-style-type: none"> <li>* Head up to recognize taggers/ frozen teammates</li> <li>* Timing of the turns to get away from the taggers</li> <li>* Change speed to get away from taggers</li> <li>* Protect the ball from the taggers</li> <li>* Close Control of the ball (2 steps)</li> </ul>
ACTIVITY 1	
Organization	Key Coaching Points
<p><b>Bulldog:</b></p> <p>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>Variation: 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 Step over Turn</li> <li>* Head up to avoid the Bulldog</li> <li>* Close Control of the ball (2 steps)</li> <li>* Change of speed to get away from bulldog</li> </ul>
ACTIVITY 2	
Organization	Key Coaching Points
<p><b>Scavenger Hunt</b> 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 step over 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 rules:</b></p> <p>Restarts: Pass or Dribble Goal: Touch the goal you are defending</p> <p>Variations: Outside Cut or Step Over Turn + Goal = 5 Points</p>	<ul style="list-style-type: none"> <li>* When can we use the Step Over Turn to get away from defenders to create space?</li> <li>* Can you use the Outside Cut to create space to get away from defenders?</li> </ul>