



Interactive Session Plan™



Coach **Superkick Juniors Academy U4**

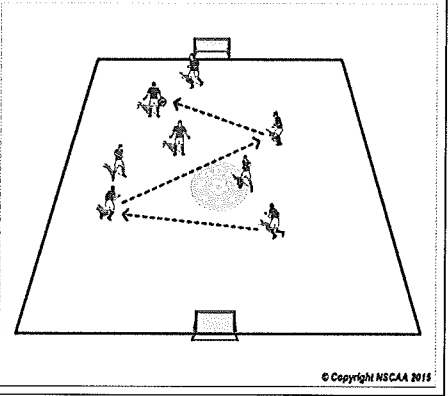
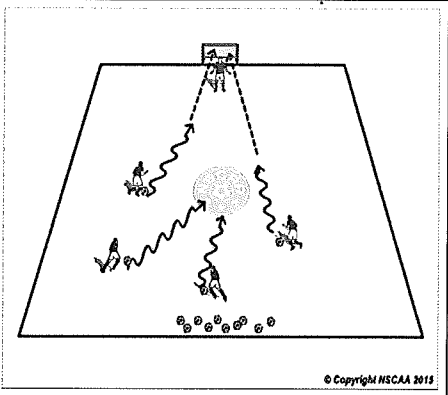
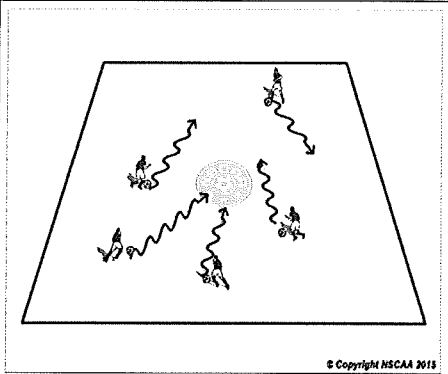
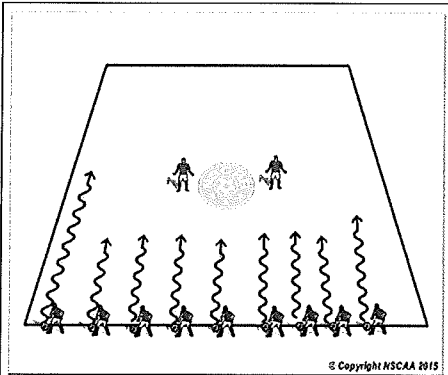
Session date **Week 5**

Time available **45**

Topic **Turns with the bottom of the foot
How: Pullback When: Space is behind you**

Technical / Tactical

Tactical / Technical



WARM-UP	
Organization	Key Coaching Points
<p>Red Light Green Light: Players are moving with the ball and listening to the coaches commands. ex. Green: Go! Red: Stop! Yellow: Pull Back Blue: Step Over Turn Orange: Outside cut Black: Cut Behind Purple: Inside Cut Indigo: Dance Hazel: Jumping Jacks</p>	<ul style="list-style-type: none"> * Listening and Response to coaches commands * Close Control (2 steps) (ball control) * Change of direction/speed (1v1 attacking skills) * Head up to avoid other players (develop field vision)
ACTIVITY 1	
Organization	Key Coaching Points
<p>Paint the field Dribbling: All players will dribble their soccer ball in a specific area, pretending that it is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted. Variations: Have them write their names, can they paint different shapes, how big can they pain the shapes?</p>	<ul style="list-style-type: none"> * Close control (2 Steps) * Change of direction with a pull back * Head up to avoid the other players * Listen to the coaches commands.
ACTIVITY 2	
Organization	Key Coaching Points
<p>Storm the Castle: The knights of the kingdom Superkick are in a battle with the knights from the kingdom TeamZone. The Superkick Knights are armed with Fireballs that they are using to burn down the Castle of TeamZone. Variations: Full War</p>	<ul style="list-style-type: none"> * Close Control (2 Steps) * Pull back to activate the fireball * Head up to see when we can attack the castle * Instep striking
GAME	
Organization	Key Coaching Points
<p>Normal Game rules: Restarts: Pass or Dribble Goal: Touch the goal you are defending Variations: Pull Back + Goal = 5 Points</p>	<ul style="list-style-type: none"> * When can we use the Pull Back to get away from defenders to create space? * Can you use the Inside/Outside Cuts to create space to get away from defenders?