



Coach Superkick Juniors Academy U4

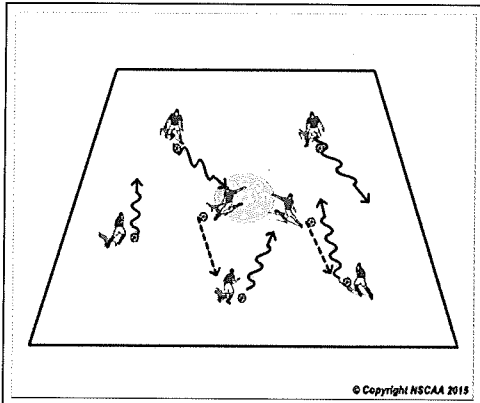
Session date Week 6

Time available 45

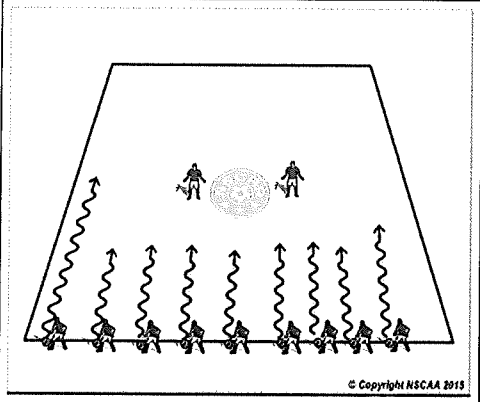
Topic

Topic: Turns with the bottom of the foot
How: L-Behind When: Space behind the player

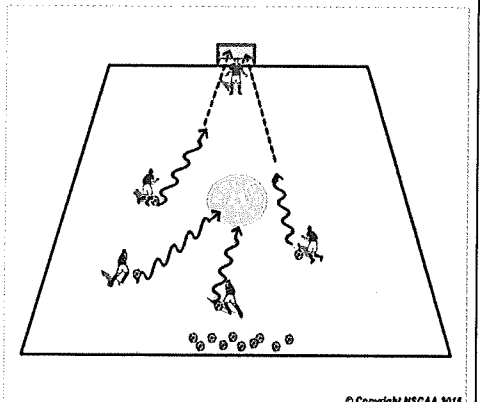
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Tactical / Technical



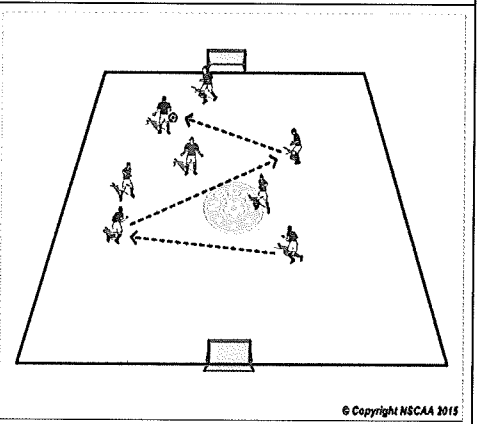
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WARM-UP

Organization	Key Coaching Points
<p>Freeze Tag: 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 a L-Behind, 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"> * Head up to recognize taggers/ frozen teammates * Timing of the L-Behind to get away from the taggers * Change speed to get away from taggers * Protect the ball from the taggers * Close Control of the ball (2 steps)

ACTIVITY 1

Organization	Key Coaching Points
<p>Sharks and Minnows: Players dribble across the area to the escape the shark. When players use the L-Behind they are safe from the shark and can dribble their ball across to the other side. The last minnow is the winner.</p> <p>Variation: Sharks finish on goal to make the minnows a shark</p>	<ul style="list-style-type: none"> * Change directions when the shark gets close * Keep the ball close (within 2 steps) * Inside Cut (see above) * Head up to find space * Timing of the movement

ACTIVITY 2

Organization	Key Coaching Points
<p>Storm the Castle:</p> <p>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.</p> <p>Variations: Full War</p>	<ul style="list-style-type: none"> * Close Control (2 Steps) * L-Behind 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:</p> <p>Restarts: Pass or Dribble Goal: Touch the goal you are defending</p> <p>Variations: Pull Back or L-Behind + Goal = 5 Points</p>	<ul style="list-style-type: none"> * When can we use the L-Behind to get away from defenders to create space? * Can you use the Inside/Outside Cuts to create space to get away from defenders?