

# EMSA NORTH

2023/24 INDOOR

U5/U7 FIRST TWO WEEK FULL SESSION  
PLAN

# SOME BASIC TIPS AND POINTERS

Hello Coaches !

Hopefully you find this session plan helpful and can be used this season , here are a few tips and tricks to help you out !

- Do not be scared to add in your own flare ! These are just basic skeletons for you to use
- Improvise ! If there is equipment that you do not have you can use other things that are available to you
- Try to Build Off from these session and make your own !

# LEGEND FOR MARKERS ON THE SESSION

## FIELD EQUIPMENT



GOALKEEPERS/PLAYERS ON THE PITCH



BALL/PILE OF BALLS



CORNER FLAGS/TRAINING POLES



FULL SIZE NET (U9/U11/U13+)



POP UP NET/BOWNET (U5/U7)



LARGE CONE



FLAT/DOME TRAINING CONE

## PLAYER MOVEMENT



BALL MOVEMENT



PLAYER MOVEMENT



BALL WITH PLAYER MOVEMENT

20 yrds

SUGGEST DISTANCE IN YARDS

# U5/U7 ACTIVITY STATION (SIMON SAYS !) -> 10-12 MIN.

## Information for the Activity

### What to do ...

- \*The Coach should start a game of "Simon Says"
- \*The Coach should instruct different types of soccer moves (ie. Only with your right foot, only using the inside of the foot)
- \*The Coach should also incorporate non soccer moves (ie. Walking on Lava, Act Like a Monkey, Hop on 1 Foot, Act Like your favourite animal) they should be creative and try to get the full body working

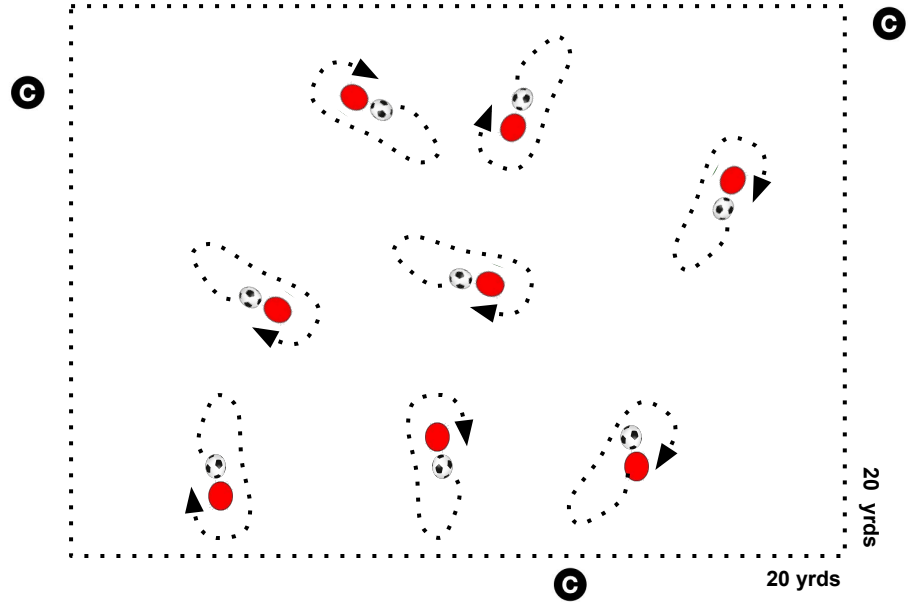
### Progressions (P#)

P#1: Start the activity without the ball, then integrate the ball into the session once the players have understood "Simon Says"

### Coaching Points

"Incorporate Other Motor Skills" The Coach should instruct the players different motions which enables the player to do more than soccer moves, this will allow them to gain motor skills for more advanced skills in the future.

"It's Not Always About Soccer" The Coach should come with the idea that these players may not enjoy playing soccer so it should incorporate other activities into the session. Acting Like a Monkey, or hopping on one foot give different ideas to.



### Equipment Required

- \*1 Soccer Ball Per Player

# U5/U7 ACTIVITY STATION (ATOM) -> 10-12 MIN.

## Information for the Activity

### What to do ...

\*Instruct the players to “mix up” which allows them to run freely inside of the square.

\*The Coach will then yell a number to the players, with that number, the players should find a group of other players that match the number the coach has called and become a “Atom”

\*Avoid using numbers higher than 3. If the coach yells 1, the player should sit down as quickly as they can

\*If the Coach yells “Explosion” that players should run to the nearest gate, and run through the cones

### Progressions (P#)

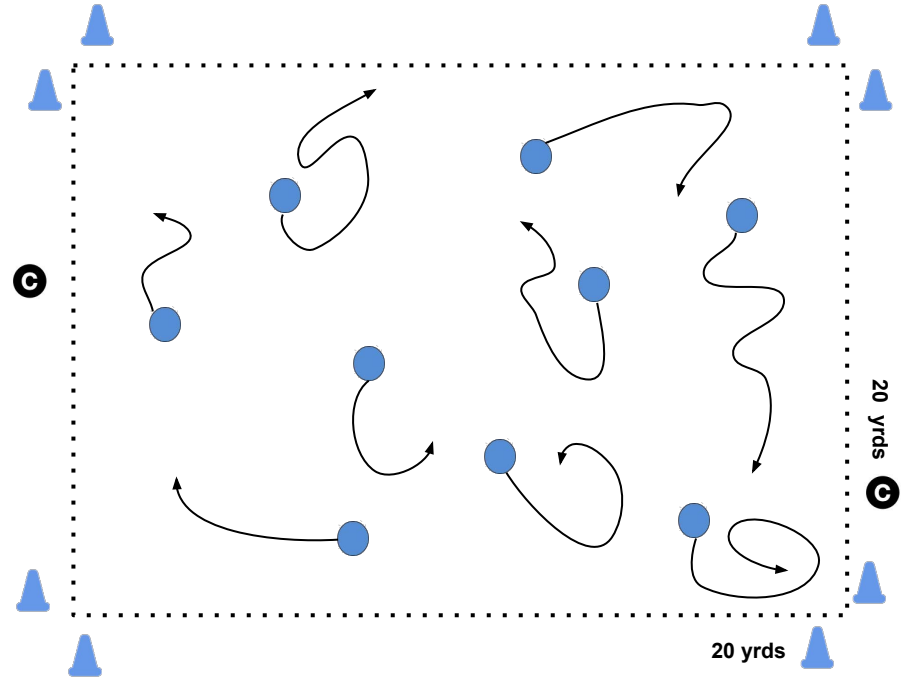
U5 P#1: Allow each player to have a ball and instead of calling different numbers the coach should yell 1 to force the player to stop the ball with their feet.

U7 P#1: Allow each player to have a ball and use “explosion” so that they can run through the gate with the ball

### Coaching Points

“Allowing the Player to learn Basic Defending Skills” When the coach yells a number this forces the players to find partners which is the early teaching of defending principles, encourage the players to quickly find their partners.

“Directional Awareness” Encourage the players to find a gate as quickly as they can when an explosion occurs.



### Equipment Required

- \*1 Soccer Ball Per Player
- \*8 Cones to Set up 4 Gates to run through

# U5/U7 ACTIVITY STATION (WHAT TIME IS IT MR WOLF !) -> 10-12 MIN.

## Information for the Activity

### What to do ...

\*Play a Game of What Time is it Mr Wolf.

\* Yell lunch time every one in a while to force the players to return to the start

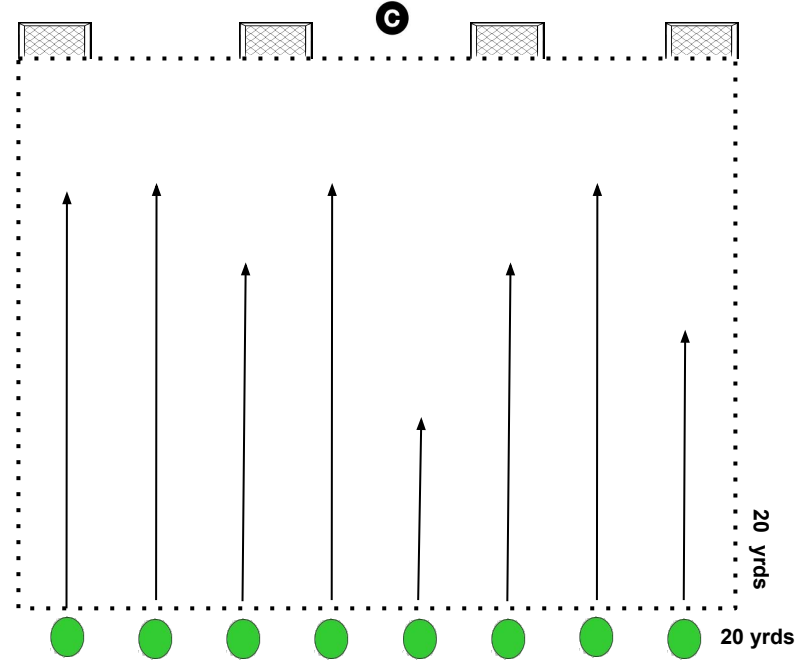
### Progressions (P#)

P#1: Give Each Player a ball, and instruct that when the player gets close enough to kick the ball into the net.

### Coaching Points

\*Allowing the Player to learn Basic Attacking Skills" This game allows small principles to be taught by the closer the player is to the net to take a shot at the goal, teaching them basic attacking skills.

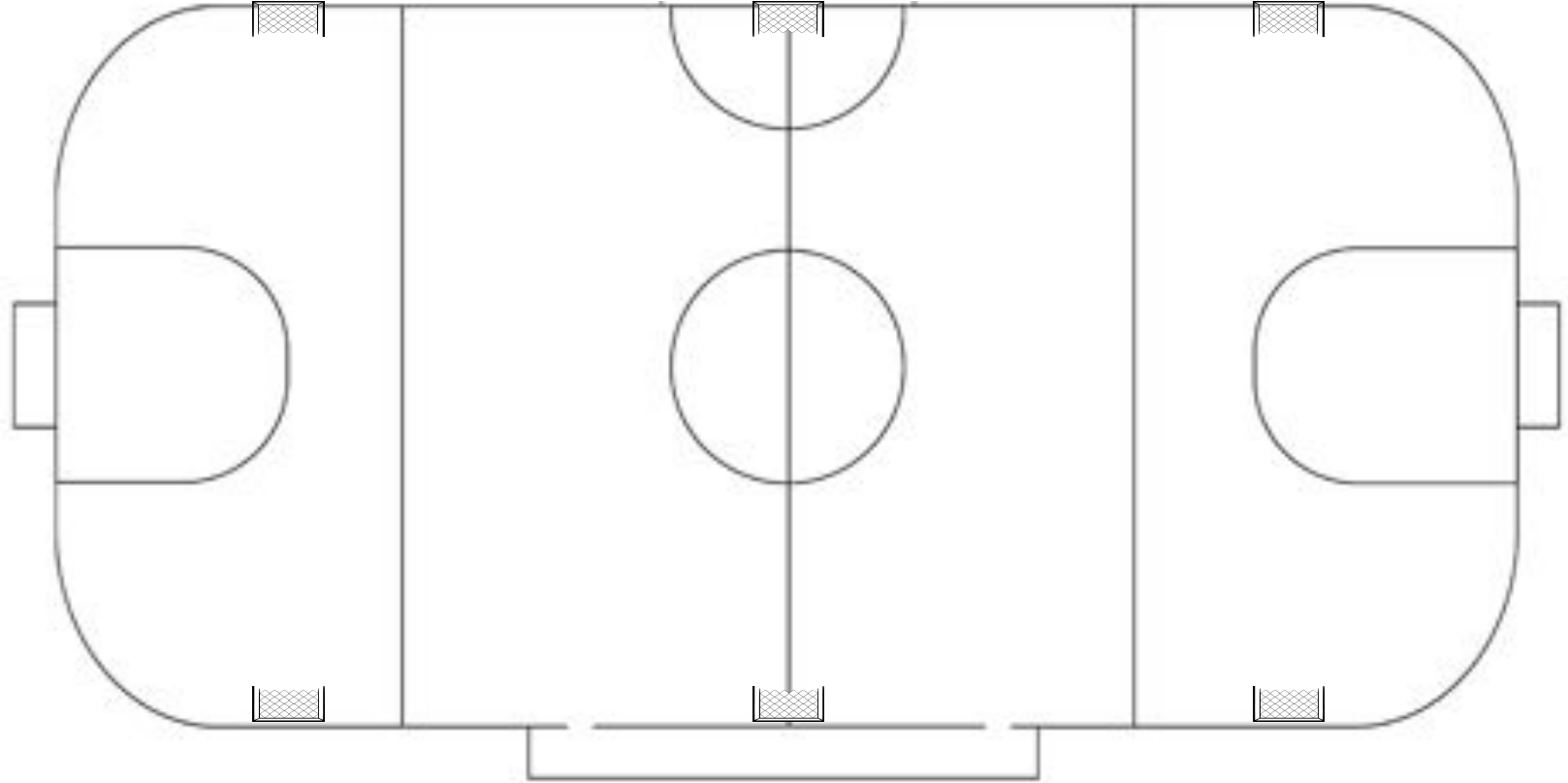
"Assure the Shooting Techniques" Coach the player to shoot with the inside or the outside of the foot.



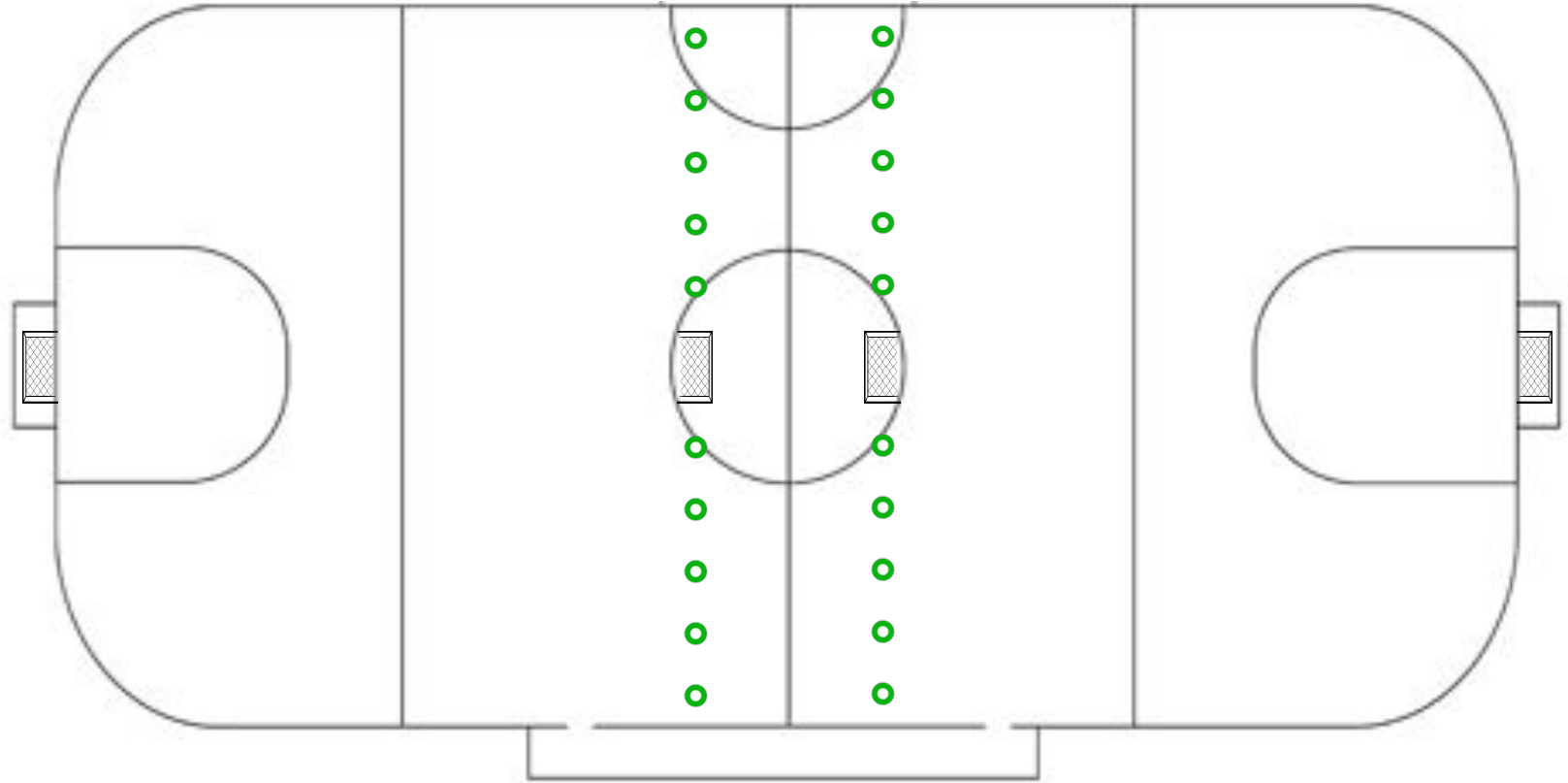
## Equipment Required

- \*1 Soccer Ball Per Player
- \*4 Bownets (Subject to the Availability to the nets)

# U5 SMALL SIDED GAME SETUP ON



# U7 SMALL SIDED GAME FIELD SETUP





# U5 SMALL SIDED GAME (4v4 NO GK'S) -> 15-18 MIN.

## Information for the Activity

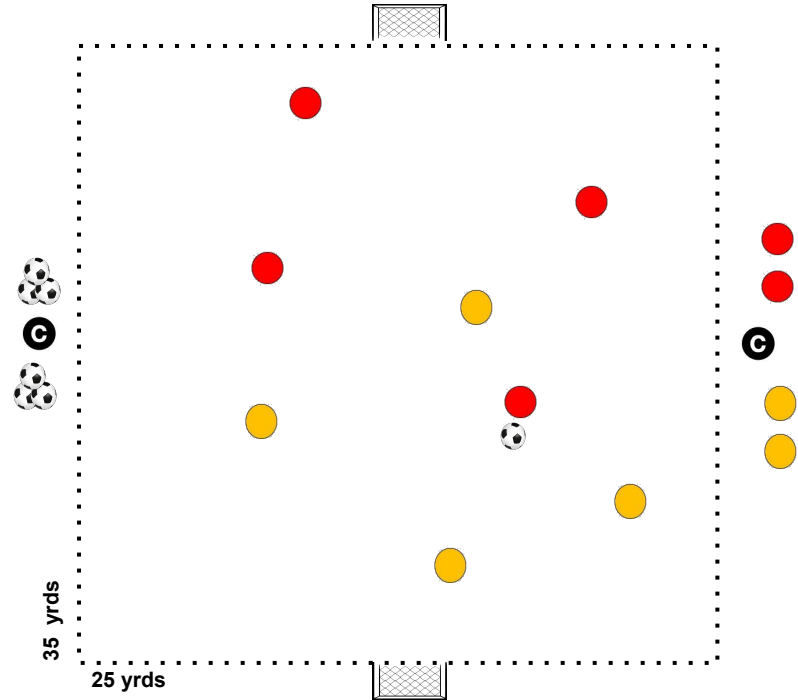
### What to do ...

- \*Split the teams in half, with equal numbers if possible
- \*Encourage on the fly substitutions, allowing 30-45 seconds each switch.
- \*If a goal is scored encourage the players to start the play quickly in their own end.

### Coaching Points

"Coach on Skills" Coach the players basic soccer skills as in the activities, so basic ball movement, running into space, basic getaway skills, and general soccer movements.

"Encourage Fun !" Encourage great plays with the passes, shots, and goals, also encourage the players in hands on such as encouragement, and ensure the fun in the activities.



### Equipment Required

- \*Soccer Balls should be readily available beside the coaches so that they can put one into play quickly if the ball leaves the grid
- \*Put Training Bibs on one team

# U7 SMALL SIDED GAME (5v5) -> 15-18 MIN.

## Information for the Activity

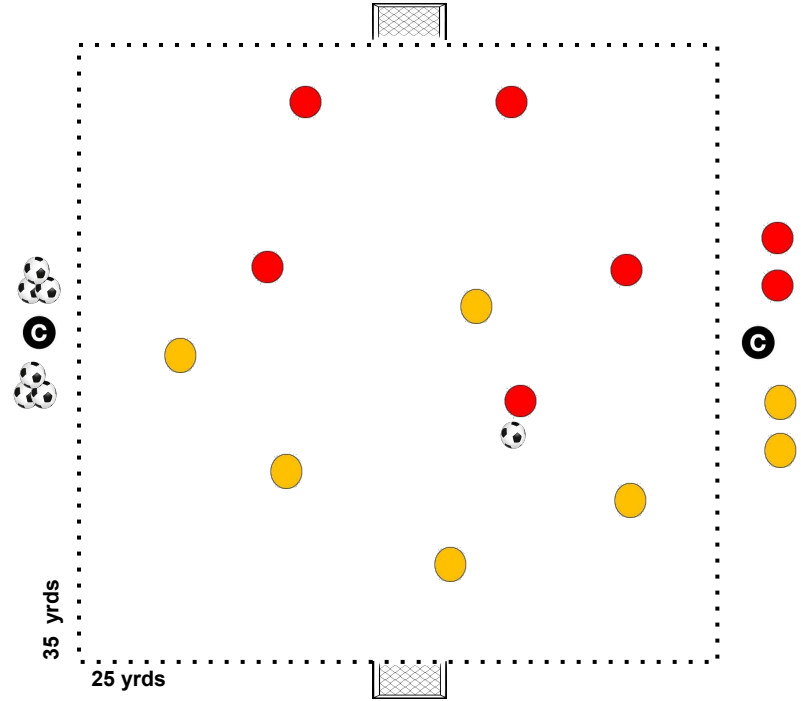
### What to do ...

- \*Split the teams in half, with equal numbers if possible
- \*Encourage on the fly substitutions, allowing 30-45 seconds each switch.
- \*If a goal is scored encourage the players to start the play quickly in their own end.

### Coaching Points

"Coach on Skills" Coach the players basic soccer skills as in the activities, so basic ball movement, running into space, basic getaway skills, and general soccer movements.

"Encourage Fun !" Encourage great plays with the passes, shots, and goals, also encourage the players in hands on such as encouragement, and ensure the fun in the activities.



### Equipment Required

- \*Soccer Balls should be readily available beside the coaches so that they can put one into play quickly if the ball leaves the grid
- \*Put Training Bibs on one team