

Lesson Plans

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# IBF Educational Curriculum

Age Group: U9 boys & girls

## Lesson Plan #1: PLAYER ANALYSES

**Why?** To provide a better education and the best development to the players, is necessary to know the players. It's important to know the current psycho motor, technical, positioning and emotional level that the group is in. This is the major objective of this practice.

**When?** The player analyses should be the first practice of the season with the team. As soon as it's done, the coach will be able to determine the major goals for the season.

**How?** The practice will have 75 minutes of duration, divided in 4 parts:

### Part I (20 min) – Coordination (Psycho motor system):

The first part will be the warm up for the following activities. This is the best moment to analyze the psycho motor coordination of the children. The educator ask the children to Make 2 lines, as shown on diagram 1 Before starting the different ways of running, a 5 minute Stretching session should be applied to the most important group muscles for soccer:

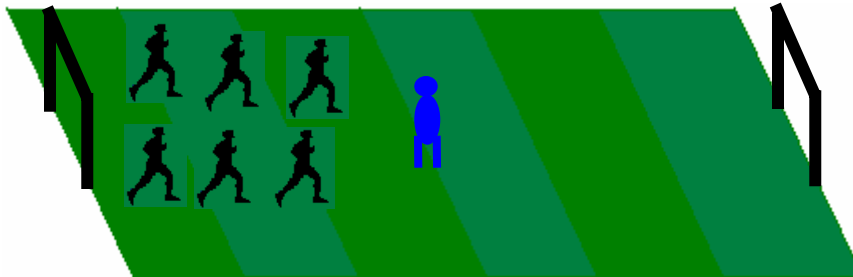


Diagram 1

The players start jogging, always on their toes. It's extremely important to tell the players correct way for running, avoiding touch the heels on the ground during the running. After that, the players will experience the different kinds of running in soccer:






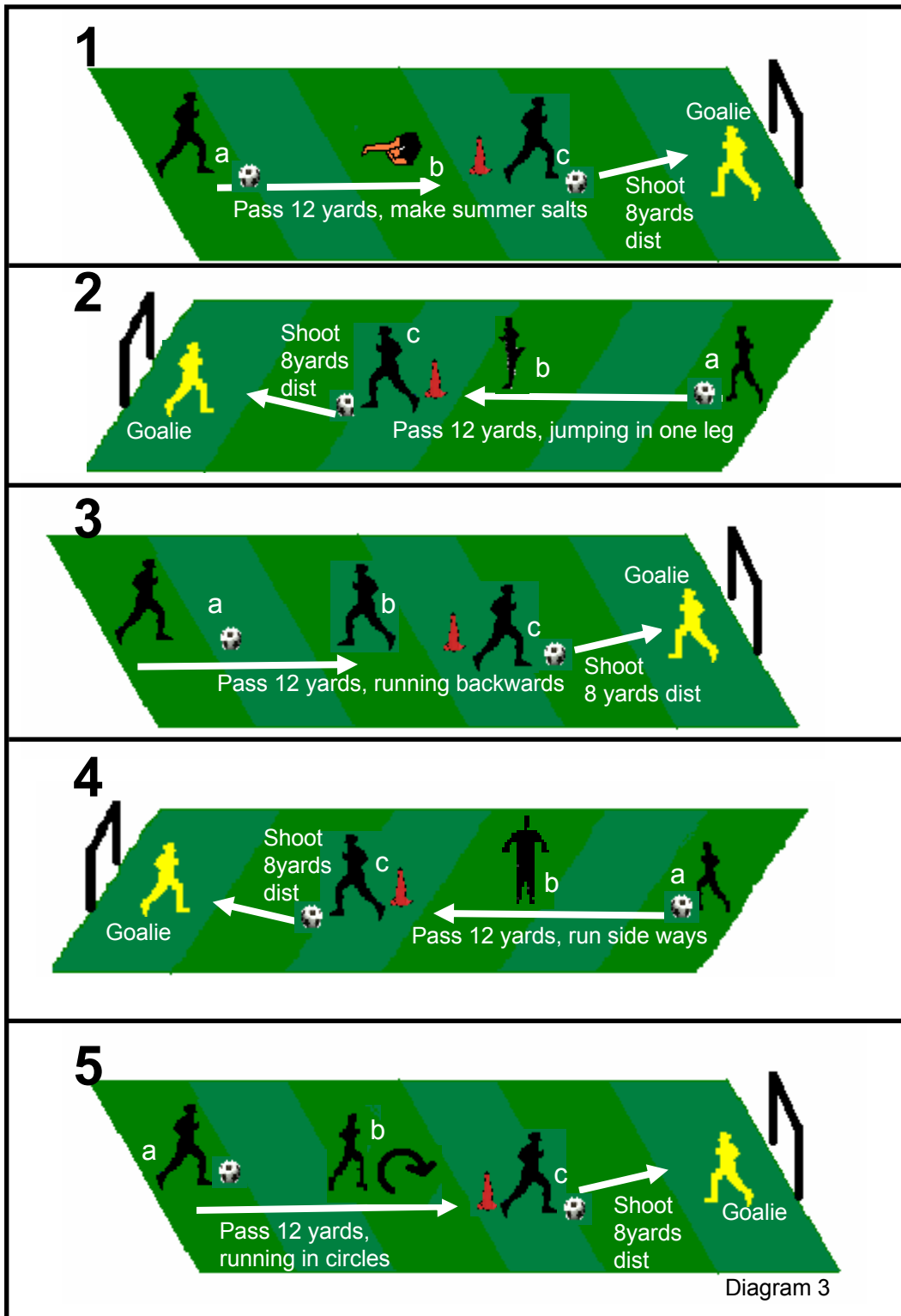
 <p>Sideways: 3 steps and turn the side</p>	 <p>Running in circles</p>
 <p>Run Backwards</p>	 <p>Summersault</p>
 <p>Jumping on the right and left leg</p>	

Diagram 2

The following drills with ball are for the psycho motor system coordination :



Situation a: Player perform a 12 yard pass to the cone.  
 Situation b: Movement execution  
 Situation c: Shoot (8 yards from the goal)

## Part II (20 min) – Technical Analyses:

In order to analyze the player's technical skills, it's important to check how the players are performing with the ball in different situations. To expose the players to these situations, a **Circuit Training with the ball** is the best option. To perform the circuit, the players should use **#3 balls**, which is the adequate equipment for this age group. Each player make the circuit 5 times.

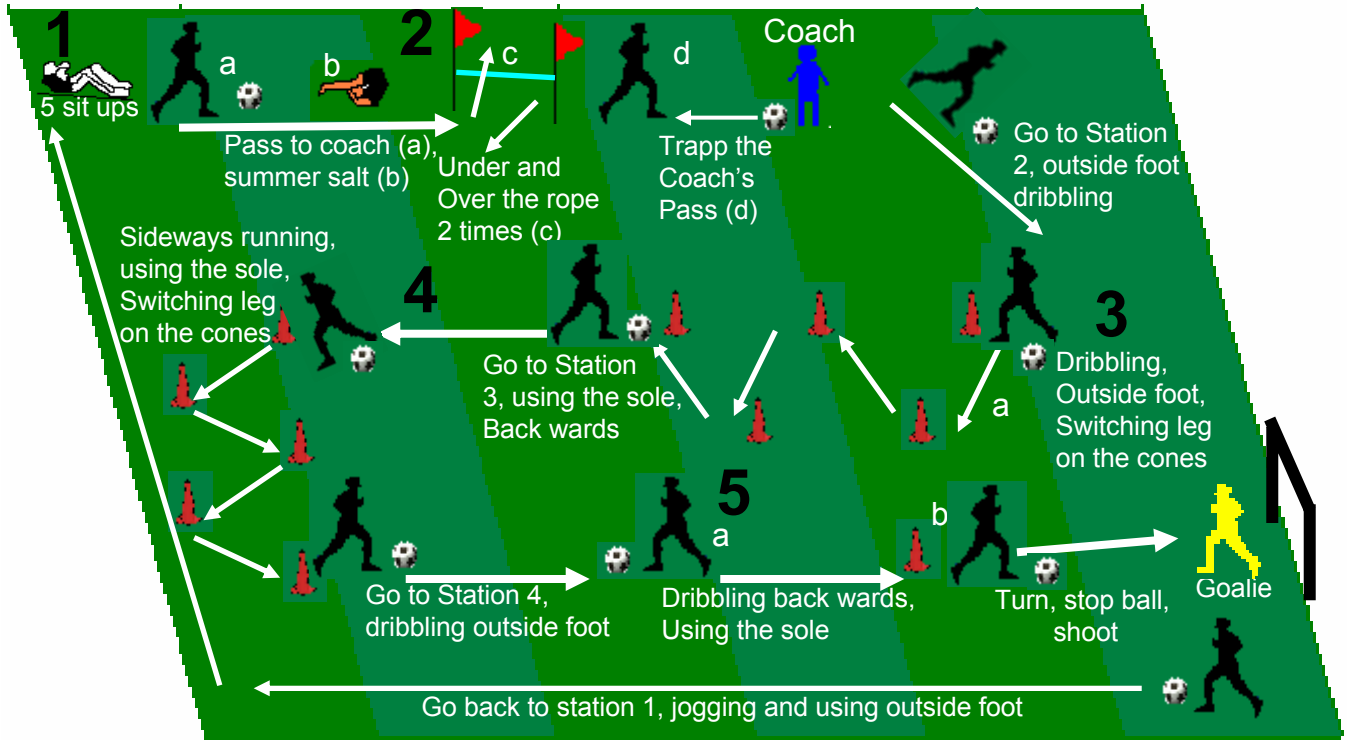


Diagram 4

## Part III (20 min) – Educational Games:

In this part of the session, the players will be challenged to keep their focus on the game. A 5v5 game with **2 balls (rubber ball, to force the power control when passing and futsal ball, to force toes up)**, 4 goals and 4 keepers (parent/coach goalie). The teams can score in 2 goals each, located in opposite corners of the field.

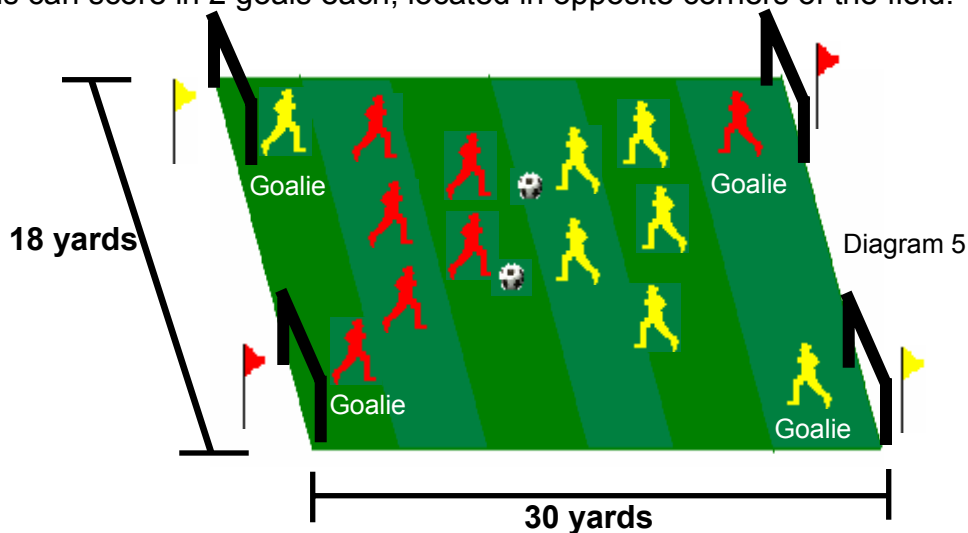


Diagram 5

### Part IV (15 min) – Game Situation:

On the last part of the session the players go to game condition. A 4v4 game with goalies and one team waiting will be waiting. Alternate the goal keepers is very important. To increase the challenge and fun, the games will have 90 seconds duration and the winner team will always stay. In case of tied game, the team that played twice is out. After the game, a 5 minute stretching session is applied in order to finalize the practice.



Diagram 6

