

Goal: This program is designed for players of all levels. It will be targeting an improvement on technique for players at any level, further expressed by a game at the second half of each session. It is important for kids to fall in love with the game, most sessions will be conducted with the ball. Fitness may be included depending on the level shown by a majority of the players.

Duration: 1 hour every Friday.

Age groups: 6th-8th

Introduction (5 minutes):

- Gather all participants.
- Briefly explain the goals and structure of the session.
- **Warm-up:** Start with a light jog around the field, followed by dynamic stretches focusing on legs, arms, and core.

Skill Development (25 minutes):

Dribbling (10 minutes):

- Set up cones in a zigzag pattern or create a small maze.
- Have participants dribble the ball through the maze, using both feet.
- Emphasize close control and quick changes of direction.

Passing and Receiving (10 minutes):

- Divide players into pairs or small groups.
- Practice passing and receiving drills such as one-touch passing, give-and-go, and wall passes.
- Encourage communication and accurate passing.

Shooting (5 minutes):

- Set up a goal or use cones to mark target areas.
- Have players take shots on goal, focusing on technique and accuracy.
- Rotate positions to give everyone a chance to shoot.

Game(20 minutes):

Scrimmage (20 minutes):

- Allow players to play a short scrimmage with relaxed rules.
- Encourage creativity and experimentation with new skills.

Cool Down (5 minutes):

Stretch (5 minutes):

- Conduct static stretches focusing on major muscle groups, holding each stretch for 15-30 seconds.

- Reflection (5 minutes):

- Gather players and ask them to reflect on what they learned during the session.
- Provide feedback and encouragement.
- Discuss any areas for improvement and goals for future sessions.

Closing (2 minutes):

- Thank participants for their effort and participation.

- Remind them of any upcoming sessions or events.
- Encourage them to continue practicing on their own.

Remember to adapt the activities and drills based on the age and skill level of the participants, and always ensure safety by providing proper equipment and supervision.