

Switching the Field RESOURCES

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Sample Development Plan

Development phase: Foundational

Total Weeks: 10

Total Sessions: 10

Learning Outcomes:

- 1: Dribbling to beat defender – Feint, Scissors, Inside/Outside Feint
- 2: Striking – Laces, inside foot
- 3: Turning – Pull back, inside cut, outside cut

Session	Topic	Learning Outcomes
1	Turning	Pull back – technique and practical application
2	Individual Possession	Outside Cut – technique, When and where to turn, Review Pull back
3	Dribbling to Beat Defender	Feint – technique and practical application
4	Dribbling to Beat Defender	Scissors – technique, When and where to dribble to beat defender, Review Feint and turns
5	Striking	Striking with laces – technique, When to strike the ball, Review turns and moves
6	Striking	Striking with inside foot – technique, When to use each technique, Review Laces turns and moves
7	Turning to Strike	Inside Cut – technique, Timing and technique of striking out of turn, When to strike out of turn, Review of turns, moves, and striking techniques
8	Beating Defender to Strike	Inside/Outside Feint – technique, Timing and technique of striking out of move, When to strike out of move, Review of turns and moves
9	Individual Decision Making	When to shoot vs. dribble vs. pass, Review of moves and turns
10	Small Sided Games	Review of individual decision making, moves, and turns, FUN final session