



### Bambino's and Micro's Development Program Session Structure

Phase	Component	Description	Coach/Parent Behavior Tips	Time
1	Game #1	<ul style="list-style-type: none"> <li>Fun developmentally appropriate game designed to inspire a love for physical activity and the game of soccer.</li> <li>Game designed to introduce players to fundamental technical habits.</li> <li>As well as starting to introduce them to moments of the game – I have the ball (att), my friend has the ball (def).</li> </ul>	<ul style="list-style-type: none"> <li>Explain the story/description of the game.</li> <li>Make sure players understand and are excited by this. Inspire them! Build up suspense!</li> <li>Encourage good control over the ball – Small touches.</li> <li>Encourage them to use eyes to observe and make positive choices.</li> <li>Move to next game if players get bored!</li> </ul>	0-8mins (8mins)
2	Game #2	<ul style="list-style-type: none"> <li>Fun developmentally appropriate game designed to inspire a love for physical activity and the game of soccer.</li> <li>Game designed to introduce players to fundamental technical habits.</li> <li>As well as starting to introduce them to moments of the game – I have the ball (att), my friend has the ball (def).</li> </ul>	<ul style="list-style-type: none"> <li>Explain the story/description of the game.</li> <li>Make sure players understand and are excited by this. Inspire them! Build up suspense!</li> <li>Encourage good control over the ball – Small touches.</li> <li>Encourage them to use eyes to observe and make positive choices.</li> <li>Move to next game if players get bored!</li> </ul>	8-16mins (8mins)
3	Game #3	<ul style="list-style-type: none"> <li>Fun developmentally appropriate game designed to inspire a love for physical activity and the game of soccer.</li> <li>Game designed to introduce players to fundamental technical habits.</li> <li>As well as starting to introduce them to moments of the game – I have the ball (att), my friend has the ball (def).</li> </ul>	<ul style="list-style-type: none"> <li>Explain the story/description of the game.</li> <li>Make sure players understand and are excited by this. Inspire them! Build up suspense!</li> <li>Encourage good control over the ball – Small touches.</li> <li>Encourage them to use eyes to observe and make positive choices.</li> <li>Move to next game if players get bored!</li> </ul>	16-24mins (8mins)
4	Game #4	<ul style="list-style-type: none"> <li>Fun developmentally appropriate game designed to inspire a love for physical activity and the game of soccer.</li> <li>Game designed to introduce players to fundamental technical habits.</li> <li>As well as starting to introduce them to moments of the game – I have the ball (att), my friend has the ball (def).</li> </ul>	<ul style="list-style-type: none"> <li>Explain the story/description of the game.</li> <li>Make sure players understand and are excited by this. Inspire them! Build up suspense!</li> <li>Encourage good control over the ball – Small touches.</li> <li>Encourage them to use eyes to observe and make positive choices.</li> <li>Move to next game if players get bored!</li> </ul>	24-32mins (8mins)
5	Snack Break	<ul style="list-style-type: none"> <li>10 minute break where players can have a healthy snack and hydrate appropriately.</li> <li>In this section coaches and parents could educate players on good liquids to hydrate (water etc) and healthy snacks (fruit etc).</li> </ul>	-	32-42mins (10mins)
6	Match Play	<ul style="list-style-type: none"> <li>3v3 match play to pugg nets.</li> <li>Recommended field size is 20(L)x15(W).</li> </ul>	<ul style="list-style-type: none"> <li>Important to keep players playing. Don't worry about goal kicks, corners or throw ins. Keep the game flowing and focus on the fundamentals of match play:               <ul style="list-style-type: none"> <li>I have the ball → Can I score?</li> <li>I don't have the ball → Can I get the ball back?</li> </ul> </li> <li>Keep putting soccer balls in the field when they go out of bounds. Teach free kicks for any fouls that warrant a free kick.</li> <li>Encourage and praise positive play (goals, dribbling fwd etc). <b>Do not restrict or stop a player from scoring!</b></li> </ul>	42-60mins (18mins)

\* At the end of each session away from the practice fields, ALL parents and coaches stand facing each other and form a tunnel with their hands. Players end the day by spring through the tunnel as fast as they can. Make this exciting!