



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