



Interactive Session Plan™



Coach Michel Bruyninckx

Session date 18/01/2014

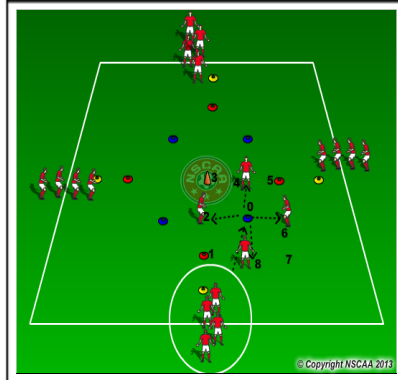
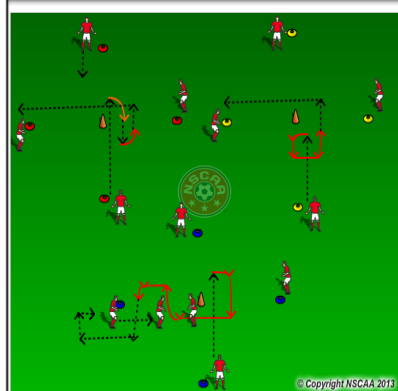
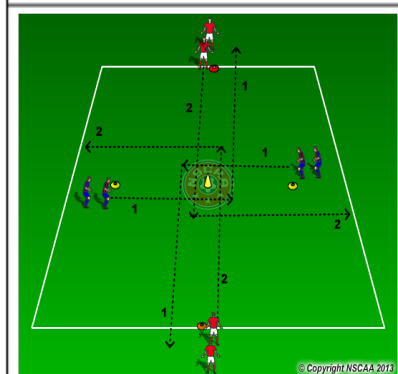
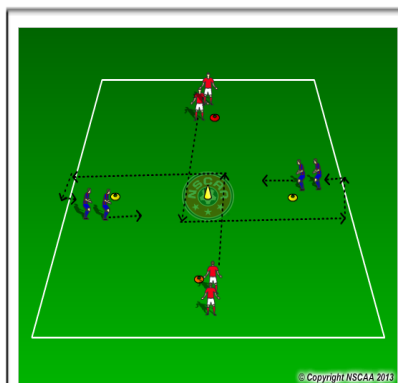
Time available 60 m

Topic

BRAIN CENTRED LEARNING IN SOCCER

Technical / Tactical ☒

Tactical / Technical ☐



WARM-UP

Organization	Key Coaching Points
<p>Warming up in pairs</p> <p>Orientation into space with warming up drills (linear)</p> <ul style="list-style-type: none"> - skippings - billings - hopping from 1 foot to the other - open and close feet 	<p>Synchronized moving</p> <p>Bilateral moving</p> <p>All performances from left to right and from right to left</p> <p>Cognitive readiness</p> <p>Excluding stereotyping</p> <p>BODY MASTERY</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>Moving with 4 players at the same time</p> <p>Non linear dynamics in the start</p> <ul style="list-style-type: none"> - cross feet in the start - swings stretched legs forwards - swing stretched legs backwards 	<p>Experiencing in a conscious way the influence of time and space</p>

ACTIVITY 2

Organization	Key Coaching Points
<p>BODY MASTERY</p> <ul style="list-style-type: none"> - forward/backward running - full turn before running angle - after turning change from right to left running pathway 	<p>COORDINATION AND RUNNING SKILLS</p> <p>MAT principle</p> <p>(M)oving</p> <p>(A)ngle</p> <p>(T)iming</p>

GAME

Organization	Key Coaching Points
<p>INTELLIGENT MOVING</p> <p>Position awareness in relation with other players</p>	<p>POSITIONAL RUNNING</p> <p>Team communication through retrieval structures</p>



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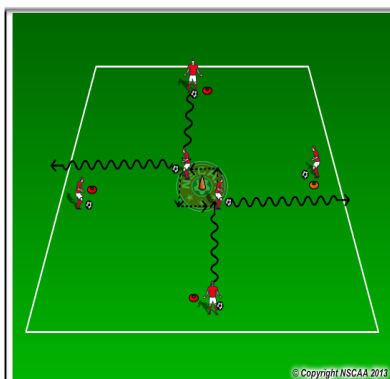
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Topic

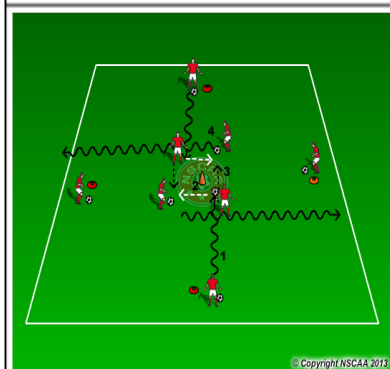
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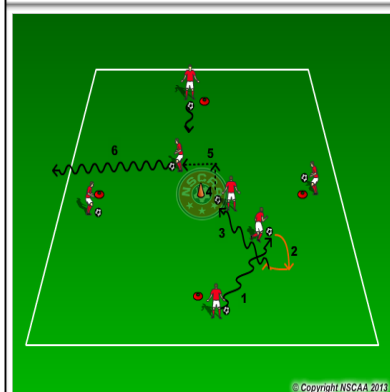
Tactical / Technical ☐



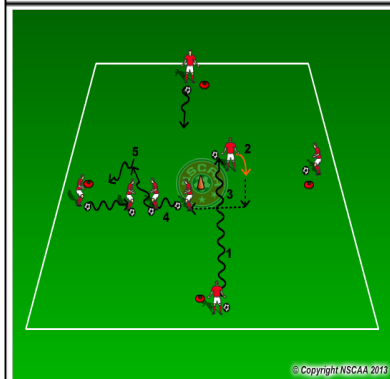
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WARM-UP

Organization	Key Coaching Points
BALL MASTERY 2 players in front of each other start at the same time Starting from right Starting from left	Synchronized dribbling Change ball at the center cone Stop ball before center cone at the right, run angle and go on dribbling with ball of teammate.

ACTIVITY 1

Organization	Key Coaching Points
BALL MASTERY	Changing moving balls

ACTIVITY 2

Organization	Key Coaching Points
BALL MASTERY Performances from the left and from the left	While dribbling with the ball turning with the ball Players have to respect the synchronization NEVER SINGLE FOCUS

GAME

Organization	Key Coaching Points
BALL MASTERY under pressure Esteeming distance towards upcoming player	Dribbling with the ball Changing from right to left foot, step over and dribble



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WARM-UP

Organization	Key Coaching Points
BALL MASTERY Conscious position change	Dribbling and passing Never follow the ball after passing

ACTIVITY 1

Organization	Key Coaching Points
BALL MASTERY Passing and change of position	Orientated control of the ball Multitasking: after control change ball with teammate, pass ball to player at the corner and change position with teammate

ACTIVITY 2

Organization	Key Coaching Points
GAME MASTERY Preparing structured games	1 v 1 Make the defender moving Dribble to center cone and and change ball with team-mate. Pass ball to player in front of you and move to center of square. Make defender move and dribble him.

GAME

Organization	Key Coaching Points
GAME MASTERY Preparing structured games	1 V 1 or 1 v 2 Now the player you invite for passing can assist you for a give and go or you dribble the defender

