



# Session 9



Name:

Date:

Age Group: U5/U6

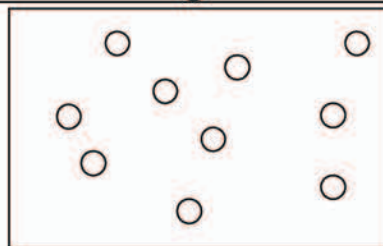
Theme: Dribbling, turning, shooting

## Activity

## Diagram

### 1<sup>st</sup> Activity (10 min. warm-up) *Soccernastics*

One ball per player. Touch ball with inside / sole of feet. Drag ball moving backwards alternating feet. Incorporate stretching using the ball. Move ball from side to side using inside and outside of both feet. Demonstrate the various skills playing *Simon Says*. Body parts game – freeze stopping ball with the body part the coach calls out. *Find the space*. When coach stops the dribble who is in the biggest space.



### 2<sup>nd</sup> Activity *Red Light, Green Light*

All the players start on a designated line with the coach about 15 yards away. With his back to the players the coach yells green light and the players try to dribble to the coach. When the coach yells red light he waits a moment and then turns his back to face the players. Anyone who is not stopped moving has to go back to where the person farthest away from the coach is.

Progressions: Add a ball. The coach can move around to make the game more challenging.

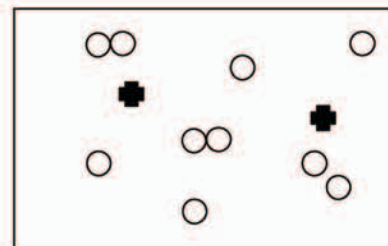
◆ Coach



### 3<sup>rd</sup> Activity *Ouch!*

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell “ouch” each time they are hit to make the game more exciting.

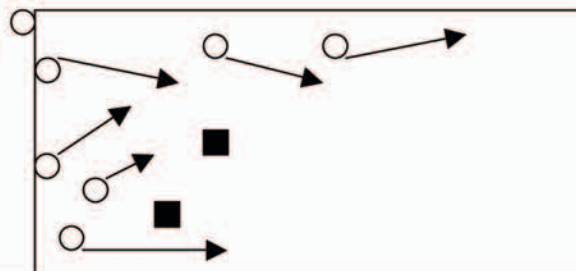
Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



### 4<sup>th</sup> Activity *Frog Attack*

The game takes place in a rectangle; all the players start off on one side of the rectangle and try to get to the other side. Two players who are frogs must hop and try to tag the other players as they try to get to the other line. When a player is tagged they become a frog as well. Play until only two children are left. Those children become the frogs for the next game.

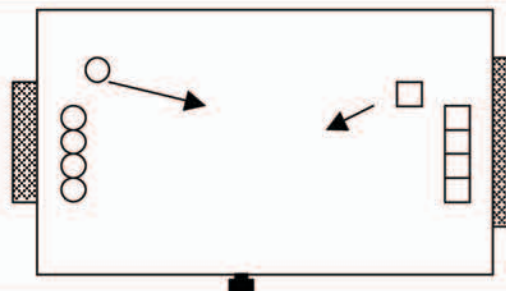
Progressions: Add a ball (for the players, not the frogs)



### 5<sup>th</sup> Activity (the game) *Red Rover Soccer*

Two teams of equal numbers stand at either end of a 25 x 18 yard field of play in the goal linking arms at the elbow. Give each player a number on both teams (assign the same number to players similar in ability so everyone is challenged). Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1.

Progressions: Call multiple numbers from each side so there are a couple of 1v1 games happening at the same time or 2v2 or 3v3.



**Scrimmage 2v2 or 3v3**