



U4-U6 Activities

Category: Technical: General

Difficulty: Beginner

Dribbling Gates (10 mins)

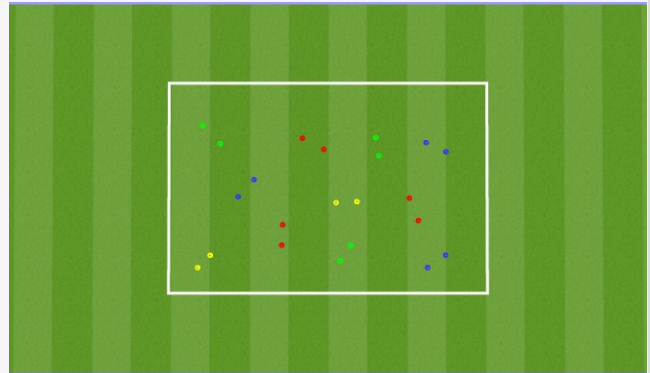
- Every player with a ball. Players dribble through the coloured gates that match coach's command.

CP:

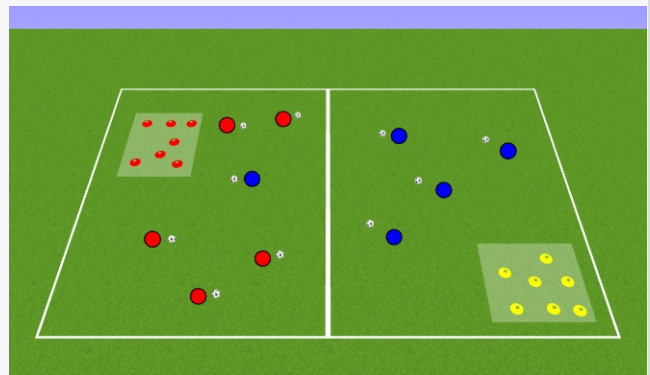
- Emphasize on trying to keep the ball close for better control
- Can they get their heads up to see where they are going?

Progressions:

- Using different feet and different parts of the foot
- As they approach the gate, have them stop the ball and then continue going forward. As they approach the gate, have them stop the ball and pull it back in the opposite direction.
- Make it a competition: ie. Who can get through x number of gates before a new colour is called



Capture The Flag (15 mins)



U4/U5: Station #3 - Alligator Attack! (10 mins)

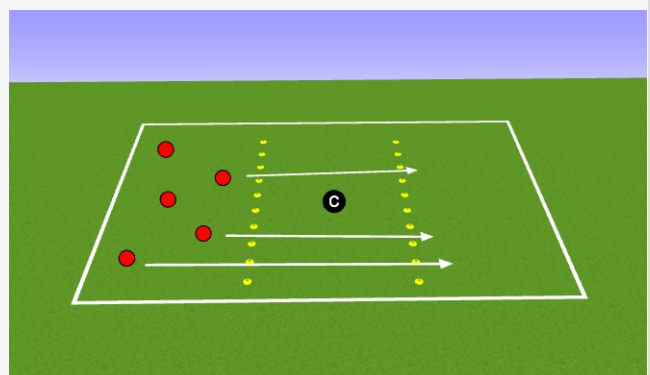
Organization: Set Up as shown. All the players start on one side, with an alligator in the middle. Start without a ball to help players get into the activity.

How to play: Players will run through the swamp (between the yellow cones) without getting tagged by the alligator. If tagged, they then become an alligator. The last player to not get tagged, wins!

Progression: After a few rounds, add a ball. The alligator now needs to kick the player's ball away. If a player gets their ball kicked away, they now become an alligator.

Coaching Points:

- Keep the ball close to your feet if you want good control.
- Head up so you know where the alligator is!
- Protect the ball! Don't let them steal it.



Shark Attack! (10 mins)

Organization: 20x20 area for 8-10 players. No balls. 2 or more players assigned taggers/sharks (give these players a pinnie).

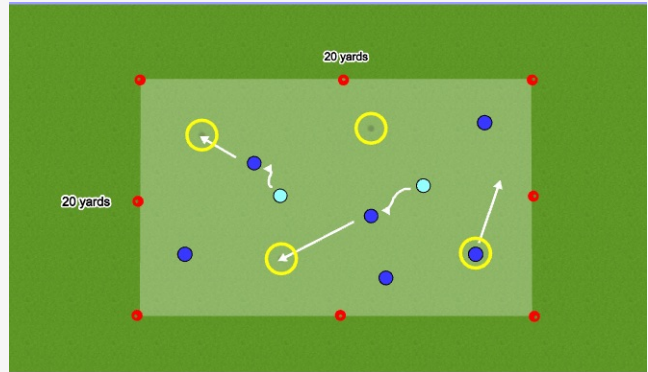
How to Play: Players run around area trying to get to 'islands' without being caught by a Shark. If a player is tagged, they become a shark. Only 1 player on an island at a time. Can only stay on an island for 5 seconds.

Progressions:

- Have players and taggers hop on one leg to get from A to B. Be creative with different movements that promote physical literacy. Ask the players for ideas.
- Add a ball

Coaching Points:

- Players to focus on evading techniques/feints to avoid taggers
- When to speed up vs. when to slow down
- Assessing time and space



Lost Treasure (10 mins)

Organization: 20x20 area for 8-10 players. Set up as shown.

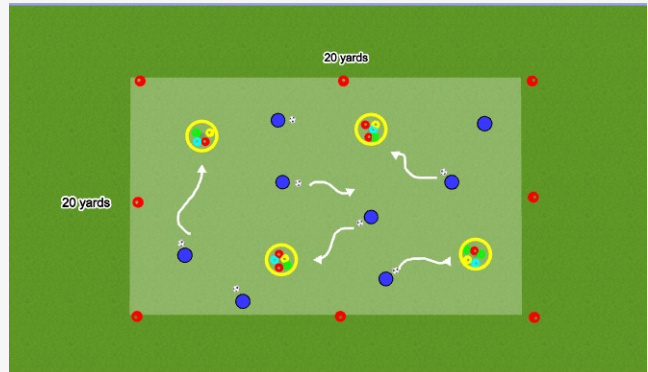
How to Play: Players sail around the ocean looking for islands to find buried treasure on. In each hoop will be colored cones/treasure. Players stop their ball and collect ONE piece of treasure before going to a new (different colored island). How many pieces of treasure can they collect?

Progression:

- Have players perform different skills before they can grab a piece of treasure (tick tocks, toe taps, scissors, etc.)
- Coach may shout 'crocodile'. If the coach shouts crocodile, be careful because assigned players will try to tag you. If you get tagged, you must put all your treasure back on an island and start.

Coaching Points:

- Players to focus on scanning – where is a different piece of colored treasure?
- Players to focus on decision making. Do I need to speed up to lose a defender? Do I need to shield ball from defender? Should I go to hoop or is the risk too big/is there a defender(s) stopping me?



Feed The Sharks! (10 mins)

Set Up: Set up as shown. Place 6-9 pinnies/cones in the goals (enough for each player to go 3 times. Place a shooting line 5-10 yards from the goal depending on skill levels. Place players into teams of 2-3, each with a ball.

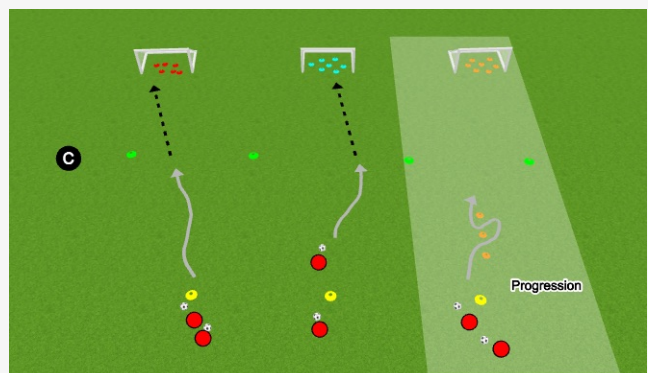
How to play: On Coach's command, the first player will dribble out and shoot towards goal (feeding the shark). When they score, the player goes to collect their ball AND a piece of treasure (pinnie/cone). They will then dribble to the back of line and the next person will go. Players must shoot before the shooting line. If they shoot after the line, they get the goal but cannot collect a piece of treasure until their next turn. First team to collect all their treasure, wins! Encourage players to try shooting with both feet!

Regression: If too difficult and taking a long time, remove the shooting line. You can also have players try to throw the ball into the net if dribbling is too difficult.

Progression: If too easy, add some extra cones on the way to goal that players need to dribble through prior to shooting.

Coaching Points:

- When you approach the shooting line, have smaller touches to control the ball and ensure you can get your shot off before crossing the line
- Shoot with your laces, not your toe!
- Your kicking foot should point in the direction you want the ball to go
- Look up before shooting to pick your target



Shooting Activity #2 (15 mins)

- Player put in to two teams
- First player dribbles towards shooting line (keeping the ball close). Players are to shoot before or at the shooting line. They then collect their ball and go to the back of the line.
- If they are ready, add a few cones for them to dribble around before reaching the shooting line. Try having them perform different types of turns to get through the triangle.

Coaching Points

- Controlling the ball before shooting
- Focus on proper shooting techniques (contact the center of the ball, laces, toe down)
- Looking at the net to see where it is before they shoot

Progressions

- Make it a competition. Which team can score the most goals? They only get one chance to shoot each turn. if they miss, they go to the back of their line and await their next turn.

