



## U4-U6 Activities

Category: Technical: General

Difficulty: Beginner

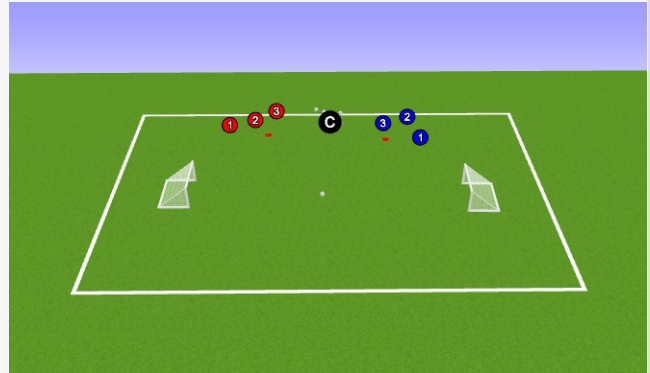
### Numbers (10 mins)

#### Organization:

- Create 2 equal teams and have them number themselves 1-X. If you have unequal teams, don't worry about numbering them... just create two lines and the first two in line can play.
- Balls in the middle with the coach, both teams on either side of the coach.

#### Instructions:

- Coach calls out a number, rolls a ball into the middle, and the player of that number from each team (or first line from each team) enters the playing field after the ball.
- Players will compete to try and score on their opponents goal.
- Start 1v1 (calling 1 number at a time)
- The play is done with 1) a goal is scored, 2) the ball goes out of bounds, 3) more than 30 secs has passed.
- Players then go back to their team and a new number is called/the next players in line go.



#### Objective:

The goal of this activity is to work on controlling the ball, running with the ball towards goal, and problem solving how to win the ball and get it into their opponents goal.

**Regression:** If players are struggling or are disengaged, roll two balls into the middle. Each player can take a ball and score. First one to score, wins!

#### Coaching Points:

- Keep the ball close to your feet if you want good control.
- Protect the ball! Don't let them steal it.
- Head up to see where the defender and the goal is

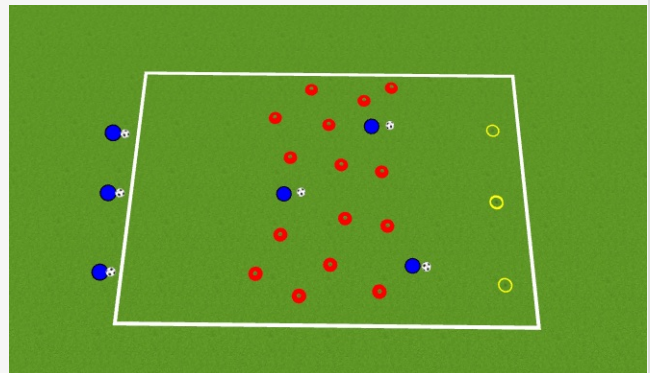
### Minefield (10 mins)

**Set Up** - Within a 20x30y grid, set up as shown. Place pinnies in each hoop. Divides players into groups of 2 and have them line up on one end, opposite to the hoops.

**How to play** - Players race through the minefield to collect their pinnies as fast as they can. One play from each team can go at a time. The next player can go as soon as the first player returns. The team to collect all their pinnies first, wins!

#### Conditions:

- Round 1: Players dribble through, trying not to hit a cone. If they hit a cone, it's okay, they keep going.
- Round 2-3: Players dribble through, trying not to hit a cone. If they hit a cone, they must do 5 toes taps (or a different move) before they can continue.
- Round 4: Players dribble through, trying not to hit a cone. If they hit a cone, they must go back to the start.



#### Regression:

- 1) Remove the cones in the middle
- 2) Turn it into more of a relay with 3 straight cone in a line between the start and the pinnies.

#### CP:

- Players should be reminded to try small touches to keep control

## Relay Races (10 mins)

**Organization:** Set up lines of relay races. Start with just "end-to-end" work.

**How to play:** Players can either race individually or in pairs. Start the first few races with physical literacy movements:

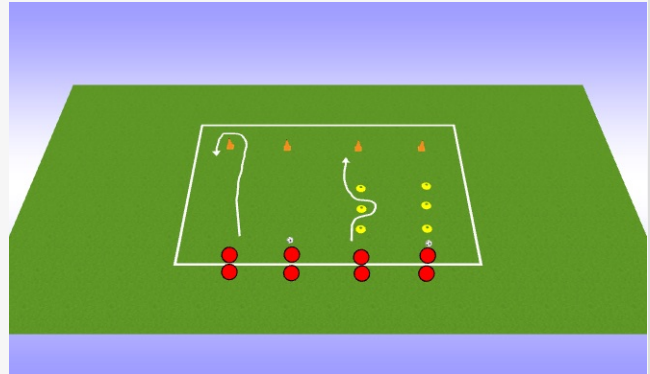
- Running, backwards running, crawling, hopping, etc.

Then add a ball for players to dribble. Straight end to end work, no obstacles

- Dribbling, toe taps, happy feet, sideways, backwards, etc.

First player/pair to complete the race, wins!

**Progression:** Add cones/obstacles for players to go around. If they hit one, they need to start over.



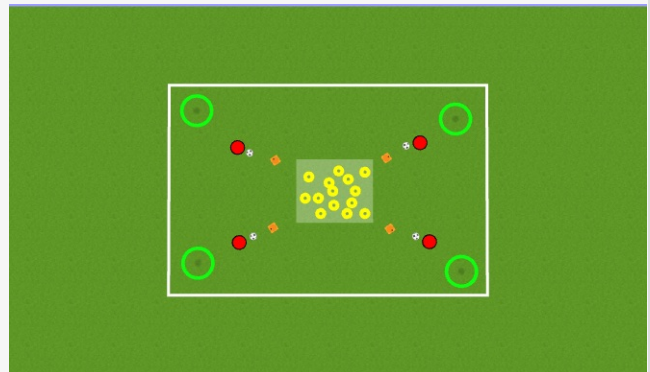
## Hungry Hippos (10 mins)

**Set up:** A hippo in each corner. Place a ton of pinnies/cones (food) in the middle. Divide players into 4 teams.

**How to play:** Start without a ball to help players understand the game! A player from each team will gather cones/pinnies from the middle and take it back to their home base. The next player goes once their teammate returns. The team that feeds their hippo the most food at the end, wins! After a round or two, add a ball. Be sure to challenge players to try different forms of dribbling.

**Progression:** Place a cone for players to dribble around on their way to and from the middle. Have players perform different skill moves around the cones.

**Regression:** Allow players to carry the ball, but work on physical literacy movements to and from the middle.



## Builders and Bulldozers (10 mins)

**Set Up -** Within a 20x30y grid, set up as shown. Use tall cones if you have them. Set up several "Towers". Have the players half are builders, half are bulldozers.

**How to play:** Starting without a ball. The bulldozers use the bottom of their foot to knock the towers over. The builders go around, using their feet to build the towers back up. Play 60 second rounds. At the end of the round, if there are more towers standing than knocked down, the builders win. If there are more knocked over than standing, then the bulldozers win! Which roles each round.

### CP's:

This activity is to help work on balance and coordination. Show players how to keep their balance when trying to stand on one foot to knock the tower over/build it back up.

They should also will need to keep their head up so they don't run into each other.

**Regression:** Allow the builders to use their hands to build the towers back up.

**Progression:** ADD A BALL for players to dribbling around with them.

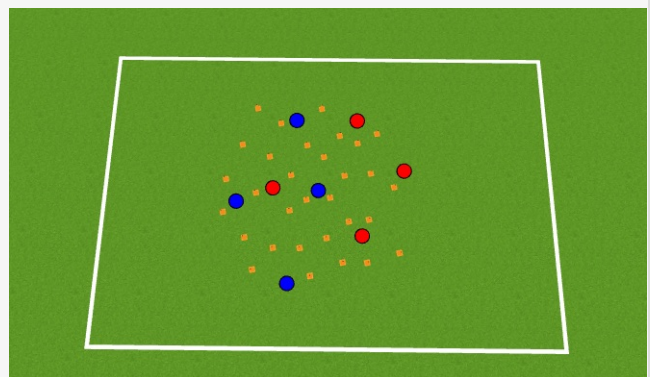
The players will not be using the ball to knock the towers over. They are to dribbling their ball around. When they approach a tower, they are to stop/control their ball with the bottom of their foot. Once the ball is controlled, they can either bulldoze/build the tower with their foot. Once their task is complete, they continue dribbling to find another tower.

### CP's:

Players need to keep the ball close with small touches in order to be able to control the ball.

They should also will need to keep their head up so they don't run into each other.

Still encourage players to work on their balance.



## Coloured Squares (10 mins)

On coach's command, players run to the coloured square that is called. Players are then instructed to perform a move. Start with no ball.

- Jumping jacks, toe taps, hop on one or two feet, star jumps, bum drops, etc.

Net add a ball for them to carry/dribble from square to square and do a move in square

- Toe taps, happy feet, throw and catch, bumdrops on ball, scissors, etc

