



U4-U6 Activities

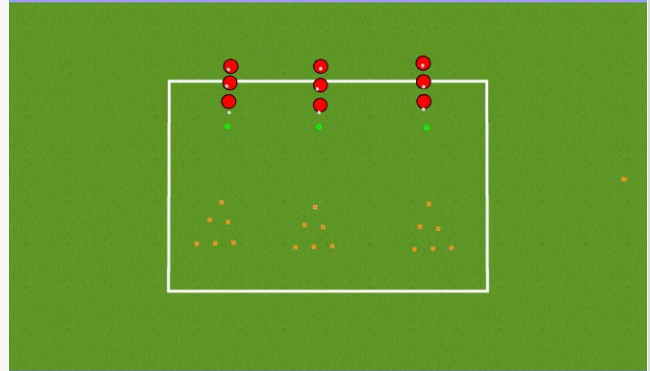
Category: Technical: General

Difficulty: Beginner

Soccer Bowling (10 mins)

- Place players in teams of 2-3
- Each player takes a turn kicking their ball towards the pylons trying to knock them over
- The team that kicks all their cones first, wins.

Focus - Where does the foot point when kicking?

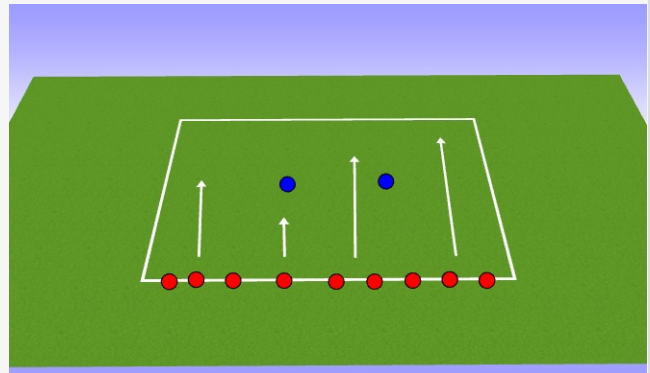


Crocodiles and Bees

Have the players run from one end to the other without getting tagged by a crocodile. If they get tagged, they need to do a move before running to the end.

Progressions:

- Add a ball for players to dribble
- Add cones in the middle for more obstacles for players to dribble through
- If they get tagged/lose their ball, they then join the middle and become a crocodile. Last one standing, wins.

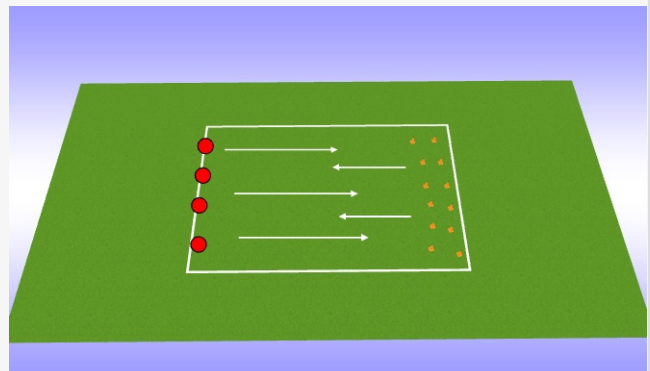


Trick or Treat

Players begin on the line opposite of the cones. On coaches command, players run towards the cones. Once they arrive, they can grab one cone and run it back to the start. Once they returned to the start and places their cone down, they can run back and get another. The player to collect the most "candy" wins.

Progression 1: Have players perform different movements on their way to the cones (two foot jump, hop on one foot, run backwards, etc.)

Progression 2: Give each of the players a ball to dribble.



Candy Store (10 mins)

Have players run/dribble to different areas in the candy store on coach's command. Object is to get there as fast as possible. Have players try to stop ball on line.

Add different movements throughout the game:

Climb the shelves - toe taps

Clean the store - Happy feet (Can sit on ball and "scrub floor" to make it easier)

Mom's coming - drop to the floor

Boss is watching - foot on ball

