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| Warm Up Activity - **Follow the Leader** | No ball needed. The coach will perform several activities and have the players imitate them. Activity suggestions; Hopping on one foot, Skipping, High Knees, Butt Kicks, Side to side movement, jogging backwards. |  |
| Individual Activity –  “**Goofy Stop”** | Z:\Picture\101017\Soccer\IMG_2252.JPG  All players have a ball.  They all dribble around and  When they coach says STOP,  They have to stop the ball  With the bottom of their foot  And make a funny/goofy pose. | **Coaching Points:**  Coordination!  Balance!  Heads Up! |
| Individual Activity –  “**Body Parts”** | Each player has a ball and dribbles  Z:\Picture\101017\Soccer\elbow.jpg  around the field.  The coach will call out a “BODY PART”  to stop the ball with.  \*what part of the foot can you use to dribble?  Toes, laces, inside, maybe outside  \*What part of the foot can you use to STOP?  Bottom | **Coaching Point:**  Keep the ball close!  If the coach calls “HAND”  The kids should say “No!!!”  Because we don’t use our hands in soccer. |
| Group Activity –  **“Sharks & Minnows”**  C:\Users\Jill\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BLHV3APP\MC900446180[1].wmf | Play in a large grid. Half the players have balls and are the Minnows. The rest don't have a ball and are the Sharks.  The Minnows start at one end line & the Sharks stand on the opposite end line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner. | \*How can you avoid being tagged by the shark?  change directions & go fast  \*How far away should the ball be from you?  Close enough so you can control it! |
| Final Activity –    **3 v 3 Game**  No goalkeepers | Divide players in to teams of 3-4 players to play 3v3 or 4v4. Try to divide players according to skill level. Place more aggressive players on a field different than timid players to give everyone a chance to excel. Have one team wear the blue jersey and the other white. | Utilize parents to watch the sidelines & throw the ball back in when it goes out of bounds.  Use a whistle when the ball goes out of bounds to call the kids back in. |

Be sure to give water breaks; especially as the weather warms up. Allow 5 mins between the practice & game portion for players to grab a quick snack to re-energize them.

If older siblings are present ask them to come out and help you. It encourages the older kids to slow down and think about drills, teaches them the importance of giving back & alleviates the load on coaches.