



WHITELAND SOCCER CLUB

Name: Jack Hamilton Coaching Director

Age Group: U4 - U6

Theme: Ball Movement

Date: 6/22/08

Activities

Coaching Points

<p>1st Activity: Warm Up Paint Brush</p> <ul style="list-style-type: none"> • Split field into four sections • Each player with a ball and split into groups into each grid • Ask each player what their favorite color is and they are the paint brush. • Players pretend to paint their grid by dribbling • Let them be creative and play • Progress to paint their favorite animal using right or left foot 	<ul style="list-style-type: none"> • Coach player centered - let them lead but coach facilitates • Have fun by pretending they missed a spot to paint • Have each player tell what they painted • Let them paint the way they want - dribbling, rolling, help them to be creative • Movement education • Player creativity • Water break
<p>2nd Activity: Hospital Tag</p> <ul style="list-style-type: none"> • Half field • Each player with a ball • Players randomly dribble to tag another player (shoulder, knee, back) • When tagged - player must hold that area tagged. When tagged three times player must go to hospital (Coach) • At hospital - player performs ball taps, knee taps, side to side rolls 	<ul style="list-style-type: none"> • Keep Hospital activity short to allow players to get back in and play • Ask what they must do to not get tagged then play • Later on ask what they must do to see other players, then play • Learning head up, ball movement, getting away from defender • Water break
<p>3rd Activity: Mom & Dads Car</p> <ul style="list-style-type: none"> • Full field • Each player with a ball • Pretend they are driving Mom & Dads Car • Coach calls out "Stop" players stop ball their way • Coach calls out "Go" players speed dribble • Coach calls out "Road Bump" players sit on ball • Coach calls out "It is Raining" players move ball side to side using roll over - both feet • Coach calls out "Crash" players fall to the ground 	<ul style="list-style-type: none"> • Let them play awhile then ask how they can stop the ball using their feet • Instruct simply and clear when showing side to side • Listening skills • Dribbling • Making decisions • Water break
<p>4th Activity: Ice Cream</p> <ul style="list-style-type: none"> • Full field • Set up cones randomly on the field - they are ice cream cones • Players dribble without hitting the ice cream cone but when Coach yells "Ice Cream" all players go to the cone and stop the ball • Progression - I want more Ice Cream. Players dribble and pick up as many cones as possible 	<ul style="list-style-type: none"> • Ball control • Vision - looking up. Ask players what they must do to see the ice cream. • Ask players what must they do to get all the ice cream • Having fun and being creative • Water break
<p>5th Activity: 3 v 3 To Goal or Target No Keeper</p>	<ul style="list-style-type: none"> • For Target use a player from each team placed between two cones. Player stands between cones that their team is scoring on. When scored then player comes in and other player comes out