



# WHITELAND SOCCER CLUB

**Name: Jack Hamilton Coaching Director**

**Age Group: U4 - U6**

**Theme: Player To Ball Development**

**Date: 6/22/08**

## Activities

## Coaching Points

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| <p><b>1<sup>st</sup> Activity: Warm Up Greetings Game</b></p> <ul style="list-style-type: none"> <li>• Full field</li> <li>• Each player with a ball randomly dribbling</li> <li>• Coach yells "Greeting", each player dribbles to another player to "Greet". Stop ball with any body part</li> <li>• Progression could be having player to stop ball using sole of one foot</li> <li>• Greetings - high fives (left hand, right hand, both hands), shoulder to shoulder, back to back, foot taps ect.</li> </ul>  | <ul style="list-style-type: none"> <li>• Coach player centered - let them lead but coach facilitates</li> <li>• Illustrate what a greeting is then have them play. Start off with a hand shake.</li> <li>• Let players come up with other greetings by asking them and then let them play and Coach yells out that greeting</li> <li>• Do not have players leave their ball due to age appropriateness</li> <li>• Decision making</li> <li>• Listening</li> <li>• Water break</li> </ul>   |
| <p><b>2<sup>nd</sup> Activity: Ouch!</b></p> <ul style="list-style-type: none"> <li>• Full field</li> <li>• Each player with a ball randomly dribbling</li> <li>• Coach yells "Go", players try to shoot on Coach. When Coach gets hit they yell "Ouch"</li> <li>• Through the session have players use different parts of the foot to strike</li> <li>• Coach can have players keep track of personal score</li> </ul>  | <ul style="list-style-type: none"> <li>• Once players have been playing, ask what part of the foot they can use to kick the ball at the Coach, then play to let them do it. Each time Coach leads this way to allow players to lead</li> <li>• Coach moves around randomly but have fun</li> <li>• Coach can give a time limit to whoever scores the most and next round challenge each player to score more than last time</li> <li>• Making decisions, creativity, looking up - players learn without coach telling them but leading with questions</li> <li>• Water break</li> </ul>                            |
| <p><b>3<sup>rd</sup> Activity: Dog Catcher</b></p> <ul style="list-style-type: none"> <li>• Full field</li> <li>• Two players are Dog Catchers with no ball</li> <li>• All other players with a ball</li> <li>• Dog Catchers must catch all the stray dogs by tagging. Once a player gets tagged they become a Dog Catcher</li> <li>• Play until all are Dog Catchers</li> </ul>   | <ul style="list-style-type: none"> <li>• Have the Dogs Bark when dribbling around</li> <li>• Let them play a little then ask players how can they stay away from the Dog Catcher, then play</li> <li>• What do they need to do to see the Dog Catcher? Let them answer then do it by playing</li> <li>• Progression - players can only dribble with left or right foot</li> <li>• Players learn to penetrate</li> <li>• Vision, making decisions, dribbling</li> <li>• Water break</li> </ul>  |
| <p><b>4<sup>th</sup> Activity: Swamp Zone</b></p> <ul style="list-style-type: none"> <li>• Full field</li> <li>• Use cones to set up a end zone at each end of field, this becomes the swamp with Alligators</li> <li>• Rest of the field is a jungle with two Tigers (feared animal)</li> <li>• Players dribble around not letting their ball go into the swamp and not letting Tigers kick ball into swamp</li> <li>• If ball goes into swamp, player must run into swamp pick up the ball to escape Alligators and place ball in jungle. Player holds their ball in the air and makes their animal sound until another player comes by to pass their ball through the legs of that player.</li> </ul> | <ul style="list-style-type: none"> <li>• Set the surroundings to be real</li> <li>• Listening, vision, looking up while dribbling</li> <li>• Getting away, speed dribbling</li> <li>• Making decisions</li> <li>• Player who loses ball in swamp learns importance of the ball quickly back into the field. This player is allowed to back in the game with the help of another</li> <li>• Question - how can they not lose their ball when they dribble? Then play</li> <li>• How can they protect their ball from the Tigers? (shielding) let them answer the do it by playing</li> <li>• Water break</li> </ul> |
| <p><b>5<sup>th</sup> Activity: 3 v 3 To Goal or Target No Keeper</b></p>   | <ul style="list-style-type: none"> <li>• 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</li> </ul>  |