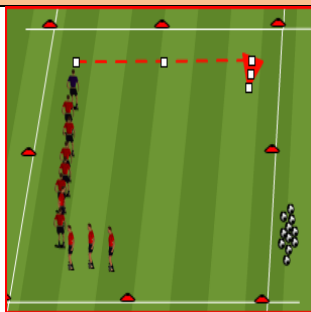




AGE GROUP/PROGRAM: U5 TOWN	WEEK # 1	THEME: SHARING SOCCER/TOY STORY
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Keep the ball close and under control ★ Stay on their toes ★ Soft Touches ★ Drag back turn	★ Can the players stay in the area? ★ Can they keep up with the coach? ★ Who can keep the ball close? ★ Soft touches	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

WARM UP: FOLLOW WOODY	SET UP: 15 x 20 YARD AREA	PROGRESSION
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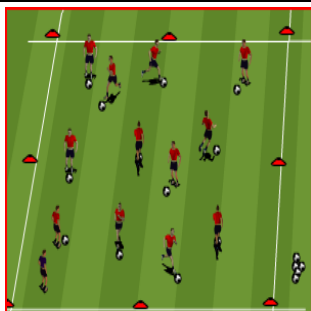


Explain to the players at the start of the session that today they are going to be characters from Toy Story and you are going to be Woody their tour guide. Have the players follow you in a straight line first off. Walk the players around the coned area.

At every couple of paces, introduce a character from Toy Story and have the players perform different movements e.g. walk like: Buzz Light-year, Mr. Potato Head, Slinky Dog, Rex, Haam, Bo Peep...

1. Carry the ball around the area
2. Dribble the ball around the area
3. Can you try and use both feet
4. Can coach zig zag as well as a straight line

CORE GAME 1: TOY TAP	SET UP: 15 x 20 YARD AREA	PROGRESSION
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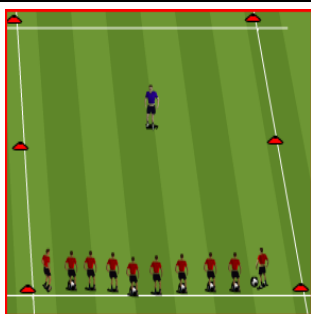


The whole group starts in one corner and the coach puts all the toys (balls) in the middle of the bedroom (area).

The coach then tells them we are going to run around to see who can pat (with hands) the most toys (balls). Coach then quizzes the group, on how many soccer balls they touched? Then ask the players to touch the ball using the underneath of their sole (tapping the ball lightly).

1. Touch each ball twice (left & right)
2. In-between the feet (toe taps)
3. Jump over ball
4. Drag back turn on each ball

CORE GAME 2: WHAT TIME IS IT BUZZ?	SET UP: 15 x 20 YARD AREA	PROGRESSION
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Players are on the side of the playing area, coach (Buzz) to the other. They ask what the time is: 'What time is it Buzz Lightyear? Buzz replies with a time, they move forward with the number of steps corresponding to the number of hours. Seven o'clock= seven touches forward with the ball.

If Buzz shouts 'To infinity ... and beyond!' that means he wants to take their toy (ball). Buzz chases the players back to line where they started, where they are safe (toy trunk). If Buzz gets a toy, then that player joins Buzz in cleaning the bedroom floor.

1. Use the sole to move the ball forward
2. Toe tap forward (both feet)
3. Perform a drag back turn to get back to safe base!
4. Have a player join you as Buzz Lightyear!

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCER TEST:

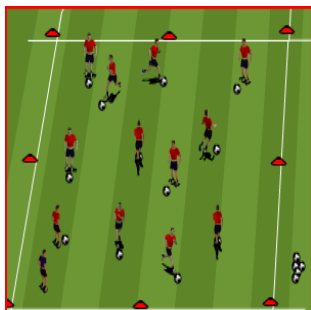
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN	WEEK # 2	THEME: MOVING THE BALL/CARS
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Teach them to listen and follow direction. ★ Develop different speeds ★ isocer introduction	★ Awareness of area – can they stay inside coned area. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Change direction and speed under control.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

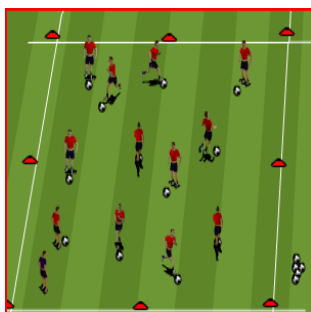
WARM UP: HOOD & TRUNK	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Each player has a ball. Players walk balls around area with and on Coach (Sheriff) command; they must put their 'Hood' (head) or 'trunk' (butt) on soccer ball. Then have players jog with the ball.

1. Introduce other car parts – engine=chest, wipers – toe-taps, etc.
2. When dribbling use different speeds: Strip Weathers=Walk, Chick Hicks=Jog, Lightning McQueen=Fast.
3. Introduce Combinations; 'Hood followed by trunk!'

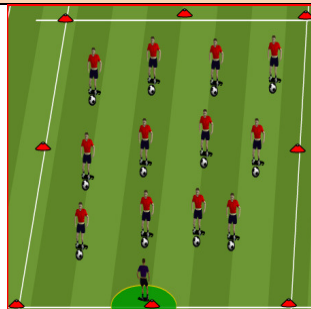
CORE GAME 1: PISTOL CUP CHAMPIONSHIP	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Each player has a ball and follows coach command: Red=Stop, Green=Go, Yellow=Slow. On 'Red' Get players to make a noise and screech to a halt. Last person to stop the ball gets a ticket.

1. Take the speeds from the previous game: Strip Weathers=Slow, Chick Hicks=Medium, Lightning McQueen=Fast
2. Introduce other commands:
3. Up Hill=Foundations
4. Car Wash=Toe Taps
5. U-Turn=Turn
6. Circle=Circle the ball,
7. Over the Bridge=Stop the ball and jump over it.

CORE GAME 2: ISOCCER	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Every player has a ball ready for an informal isoccer test. Practice first the technique of stationary toe taps, with the coach looking for good form i.e. feet & knees facing forward/straight and get the arms pumping. Then go around the ball whilst doing toe taps; left & right.

Next have the players move the ball forward a short distance 3-5 yards (depending on ability) doing toe taps and then backwards, whilst all the time maintain good form/technique. Finish with a count of stationary toe taps inside 20 seconds. For video demonstration click: [HERE](#)

1.

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCCER TEST:

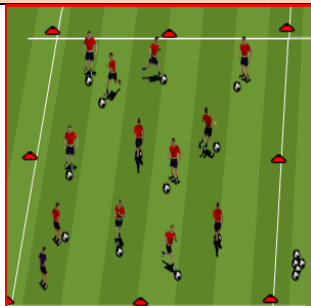
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN	WEEK # 3	THEME: MOVEMENT WITH THE BALL/SPONGEBOB SQUARE PANTS
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Ball Control ★ Awareness ★ Drag Back Turn	★ Awareness of area – can they stay inside coned area. ★ Teach them to listen and follow direction. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Turning – change direction and accelerate.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

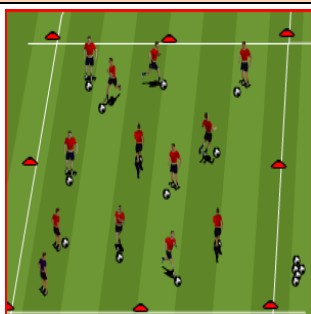
WARM UP: SPONGEBOB SAYS	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball and moves around Bikini Bottom. Coach (SpongeBob) shouts various instructions - If coach command is preceded by "SpongeBob says" then players must carry it out, if not the player ignores the command and continues to move around Bikini Bottom. Use commands to work on coordination and balance as well as touches on the ball – throw ball up and catch, touch with inside of foot, touch with outside of foot, toe touches, foundations, etc.

1. Make the commands quicker
2. Increase difficulty of command – e.g. toe taps and then accelerate

CORE GAME 1: MR. KRABS	SET UP: 30 x 20 YARD AREA	PROGRESSION
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All players have a sponge (pinney) tucked into the back of their shorts. Coach starts as Mr. Krabs and will try to grab the sponges from the players and place them in the Krusty Krab (an area coned off at one corner of area). If player has their sponge taken they join Mr. Krabs in the hunt for sponges.

1. Each player has a ball

CORE GAME 2: LITTLE PLANKTON	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball. Set up a square (use lots of cones to clearly mark out) in middle of playing area. Select a Plankton and place plankton (wearing a pinney) inside square. Players begin by carrying ball and trying to run across square without being tagged to get a point. Plankton is not allowed out of square but gets a point every time they touch a player. Rotate the plankton player after a minute.

1. Players dribble ball.
2. Player has to dribble in and turn out of square to get a point.

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

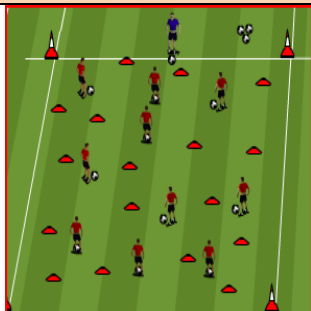
HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 4		THEME: CONTROLLING THE BALL/FINDING NEMO
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Ball Control ★ Awareness ★ Drag Back Turn	★ Awareness of area – can they stay inside coned area. ★ Teach them to listen and follow direction. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Can they help their friends?	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

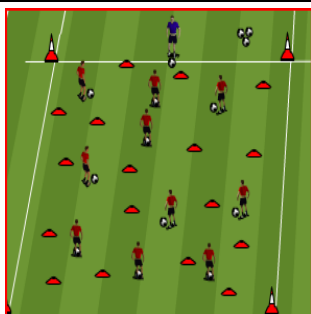
WARM UP: SEA CREATURES	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Players start in one of the 4 corners of playing area without a ball. Coach scatters cones (sea rocks) around area. Players run in and out of the cones without touching them – they can jump over or run around. On coach command 'Sea Creatures!', players make a statue of a sea creature which coach is going to guess

1. Add a ball on command; players must do their statue with one foot on top of the ball.

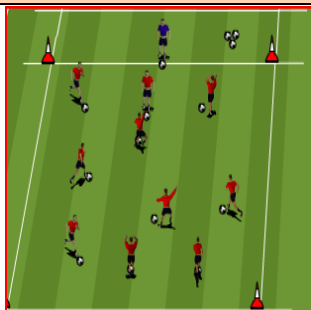
CORE GAME 1: SEABED	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball and has to avoid the sea rocks (cones) which are scattered around the seabed/playing area. If the player's ball hits a rock they have to go to the shore and perform a soccer trick – toe taps/foundations/jump over ball a certain number of times.

1. Coach is a fisherman and tries to catch fish by touching the top of a player's ball with their foot. Player is frozen for 10 seconds and must count out loud until they can move again.

CORE GAME 2: STUCK IN THE TANK	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball. Coach is fisherman and the players are characters from 'Finding Nemo'. The fisherman has to touch the top of a player's ball to freeze them. When player is tagged they pick their ball up, hold it high above their head and yell 'help help I'm stuck in the tank!' Another player comes along and must crawl through players' legs to release them.

1. Roll ball through legs to release.
2. Add fishermen.

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

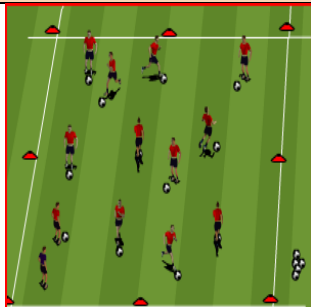
HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN	WEEK # 5	THEME: CHANGING DIRECTION/MONSTERS INC
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Spatial awareness ★ Shielding ★ 1v1	★ Awareness of area – can they stay inside coned area. ★ Teach them to listen and follow direction. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Can they shield the ball – keep ball as far away from Sully as possible.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

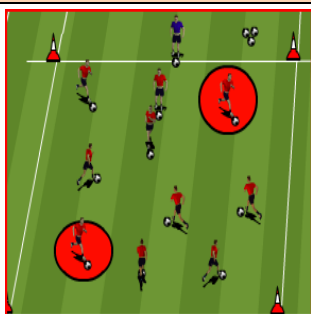
WARM UP: MONSTER COUNTDOWN	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball. Players dribble their soccer ball around the bedroom. They dribble till they hear Sulley count down from 5-1. Players have to find a space (at least an arm's length away from all other players) and be stopped in a space on the number 1.

1. Scatter cones around the playing area, and instead of looking for a space to find, on the count they look for a cone.
2. Gradually take cones away.

CORE GAME 1: MONSTER SPIN	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball. Players carry the ball around bedroom and on Sulley's command have to make a full 1 circle (360) and then carry on moving in the direction they were travelling.

1. Players must throw ball up before spinning a catch it.
2. Players dribble ball with feet.
3. Players do different movements before spinning – toe taps, foundations.

CORE GAME 2: MONSTER KNOCKOUT	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Each player has a ball. Players are dribbling their balls around Monstropolis. Sulley (Coach) is attempting to knock the player's balls out of the area (bedroom). When a player has their ball knocked out, they have to perform a soccer trick to get back in the game – toe taps, foundations, jump over the ball a certain number of times.

1. Player becomes Sulley.
2. Add another Sulley.

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

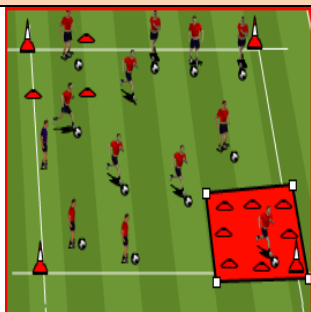
HOMEWORK:
SOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN	WEEK # 6	THEME: BALL MASTERY/MADAGASCAR
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ 1v1 ★ Travelling with the ball ★ Changes of direction	★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Turn – change direction and speed. Look at some different ways to turn.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

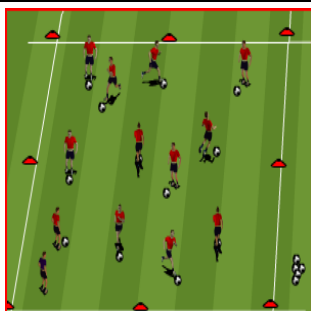
WARM UP: AT THE ZOO	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Players move around zoo without a ball. In each corner of playing area, they to see a particular group of animals - players act like that animal. Monkeys – jump up and down and make monkey noises, Penguins – shake hands, Giraffes – stretch as high as they can, Whales – jump and spin.

1. Add a ball and introduce different movements with ball - E.g.
penguin=foundations, monkeys=toes taps, giraffe=big stretch with the ball, whales – jump over the ball.
2. Introduce different animal speeds:
Melman the Giraffe=Slow, Marty the Zebra=Medium, Tony the Lion=Fast

CORE GAME 1: SAFARI	SET UP: 30 x 20 YARD AREA	PROGRESSION
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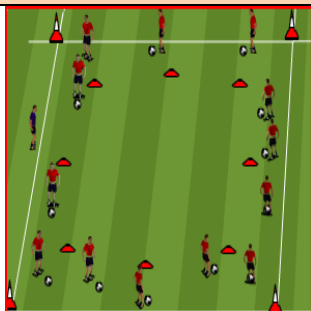


Each player has a ball. Players are on safari in Madagascar but have to listen out for the Lion's (coach) command:

- Zoo Keeper=Stop, Last person to stop the ball gets a roar!
- Escape Time=Go,
- Zoo Truck =Slow.

1. Introduce the following commands:
2. Climb the Tree=Foundations
3. Coconuts=Toe Taps
4. Ambush=Turn
5. Around the Lake=Circle the ball
6. Over the River=Stop the ball and jump over it
7. Thorn in the Foot=Use other foot

CORE GAME 2: CIRCLE THE JUNGLE	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Make a large circle (jungle) in area. Each player has a ball. Players dribble around outside of circle and on the coach command have to dribble across the circle to other side and continue to dribble.

1. Coach raises an arm instead of verbal command
2. Have a lion who tries to get their ball as they travel across jungle

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 7		THEME: RUNNING WITH THE BALL(1)/THE INCREDIBLES
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Use both feet ★ Keep ball close ★ Turning under pressure	★ Head up and look around. ★ Push ball into space and accelerate. ★ Inside hook turn– reach around ball and push ball 180 back using inside of foot. Bend knees and accelerate out. ★ Outside hook turn – same as above with outside of foot.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

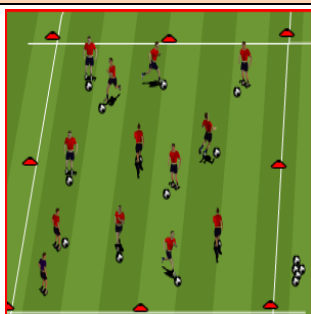
WARM UP: INCREDIBLE CONE COLLECTION	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Each player has a ball. Their first task is to collect a cone and wear it as a hat which gives them Incredible super powers. Can they dribble their ball around wearing a super power hat?

1. Switch hats with a friend.
2. Turn with ball.
3. On coach's command "Enigma is coming", get to one corner of area as quickly as possible to be safe from his x-rays.

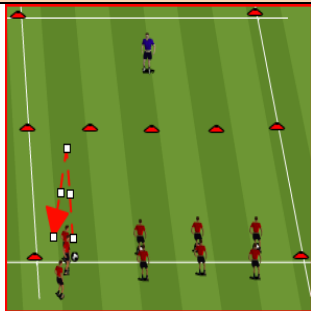
CORE GAME 1: SUPERPOWER CHALLENGE	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Each player has a ball. Players (Incredibles) dribble around the area and on coach command have to stop their ball, jump over it and go and find another ball and dribble it away. Each time they do their power gets stronger.

1. Toe Taps on ball before switching
2. Foundations
3. Player must dribble to one corner, leave their ball and go and get another one.

CORE GAME 2: INCREDIBLES RELAY	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Put the players into teams of 2-3; have them complete a short relay race using a high five as a changeover.

1. Toe Taps out and dribble back
2. Foundations out and dribble back
3. Inside hook turn
4. Outside hook turn

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCER TEST:

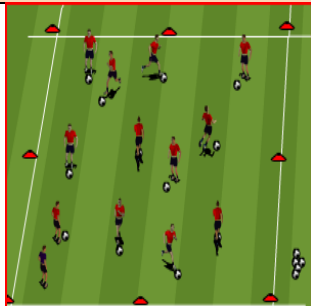
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN		WEEK # 8	THEME: INTRODUCTION TO SHOOTING/KUNG FU PANDA
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Introduction to shooting ★ Combination of dribbling and shooting	★ Head up and look around. ★ Lock ankle – toe up and heel down. ★ Keep eye on ball. ★ Hit through middle of ball	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

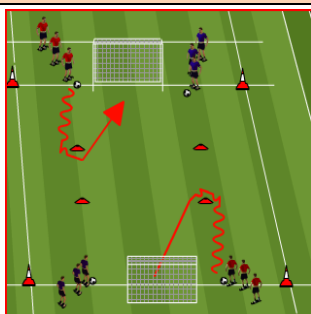
WARM UP: KUNG FU PANDA	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Players each have a ball in the area. Have players change speed on command throughout the time period. Have players use every part of their foot to touch the ball, changing direction with every touch. Have players use only sole of one foot, then both soles; be creative. Pretend everyone is a defender; keep the body between the ball.

1. Who can get the most touches in 30 seconds
2. Add defender

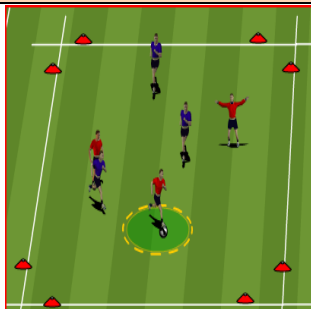
CORE GAME 1: KUNG FU FINISH	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Put 2 cones opposite the goalposts and 10 yards away from goal. 2 players go at same time and dribble out to cone, turn and shoot on goal.

1. Add a GK.
2. Players start at opposite goals and now dribble across field before shooting.

CORE GAME 2: 4 GOALS	SET UP: 30 X 20 YARD AREA	PROGRESSION
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With 3x3 teams, both teams compete for the ball and try to score in anyone of the four goals. If one goal is heavily defended can the player in possession turn and run with the ball to another goal. Make the goals (6 Yards) big to start with.

1. Narrow goals
2. Award points for moves

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

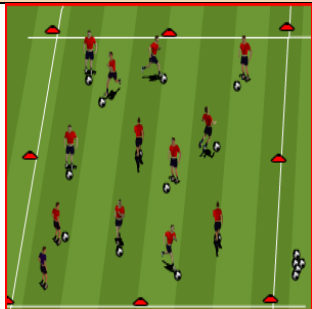
HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN		WEEK # 9	THEME: AWARENESS OF TEAM MATES/TRANSFORMERS
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Use both feet ★ Keep ball close ★ 1v1	★ Awareness of area – can they stay inside coned area. ★ Teach them to listen and follow direction. ★ Can they help their friends?	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

WARM UP: ROBOTIC PARTS COLLECTION	SET UP: 30 X 20 YARD AREA	PROGRESSION
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All the players have a ball each and are looking out for the coach. The coach will hold up different colored pinnies or cones to signal commands. i.e. red pinnie change direction. The coach can also call out numbers requesting different skills. All the players must call out the color or number.

1. Coach to hold up fingers and the players must touch the ball a certain amount of times to correspond with that number i.e. 4 fingers=4 toe taps.

CORE GAME 1: THE 4 CORNERS OF CYBERTRON	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Each player has a ball. Set up 4 areas in each corner of field and give each corner a name. Players dribble around Cybertron. On coach (Optimus) command players must dribble into the corner that coach instructed.

1. Players have to perform a soccer trick in each area
2. Players must dribble from one corner to another

CORE GAME 2: DECEPTICON VS AUTOBOTS	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Nominate 1 player to be an Autobot and the rest are Decepticons. Autobot has to tag Decepticons by tagging them on the shoulder. When Decepticon is tagged they have to go to Cybertron (an area in one corner of field). They can be freed by a friend giving them a high 5.

1. Add a ball for decepticons.
2. Add another autobot.
3. Players must perform a soccer trick before getting out of Cybertron – toe taps, foundations, etc.

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCCER TEST:

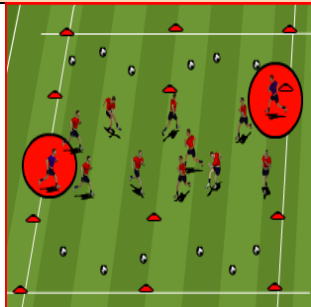
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN	WEEK # 10	THEME: 1v1 ATTACKING/POWER RANGERS
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Increase ball control ★ 1v1 Attacking	★ Look around – awareness of friends, space and balls. ★ Stop/hop/turn– place sole of foot on ball; hop over with same foot and plant foot past ball, turn and use other foot to take ball away in opposite direction. ★ Change of speed and direction in 1v1 attacking. Introduce simple feint.	★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

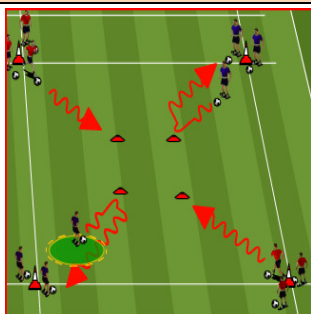
WARM UP: TAG	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Have the balls in to end zones (use assistant coaches where applicable). Play a game of tag inside the middle square. When a player gets tagged they have to stand on one leg until they're untagged. Once they have been untagged they run into an end zone and perform a soccer skill. Toe taps etc.

1. Each player has a ball at their feet

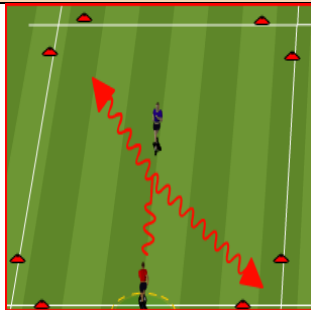
CORE GAME 1: RANGER RACE	SET UP: 30 X 20 YARD AREA	PROGRESSION
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Make a smaller square in middle. Each player has a ball and must dribble out, turn and come back to corner.

1. Place 4 balls in small square. on coach command players must run out, get a ball and bring it back to their corner.
2. Dribble instead of hands.
3. Introduce turns.

CORE GAME 2: 4 GATES	SET UP: 15 X 10 YARD AREA	PROGRESSION
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Split the group into two. Have the attackers start at one end and the defenders at the other. The play starts with an attacker dribbling the ball into the area and attempting to dribble the ball through any of the four corner gates. The defender moves on the attacker's first touch and tries to stop them, if the defender wins the ball, can they dribble through a gate for double points?

1. Pass the ball through the gate

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA	
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4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:
SOCCER TEST:
BALL MASTERY: