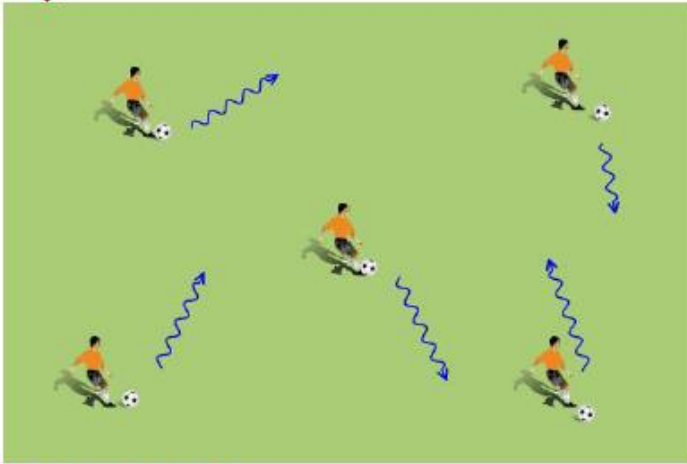


Spencer Soccer Club – U4 Weekly Session Plan

Week	Warm Ups (2 min each)	Activity 1 (10 min)		Activity 2 (10 min)
Week 1	Laces Dribble Toe Taps	Traffic Lights	Break / Juggling (5 min)	Cone Heads
Week 2	Toe Taps Foundations Ball Rolls	Old MacDonalds Farm		Got Ya
Week 3	Foundations Laces Dribble	Looters		Follow the Leader
Week 4	Step on Turn Toe Taps	Tree House		Sleeping Giant
Week 5	Foundations Drag back Turn	Body Part Dribbling		Clean my Room
Week 6	Ball Rolls Short Passing	Storm the Castle		Beat the Keeper
Week 7	Foundations Step on Turn	Treasure Chest		Ants Nest
Week 8	Drag back Turn Toe Taps	Speed Dribble		Progressive Gates

U4 – Week 1 Activity 1



Traffic Lights (Dribbling Warm Up)

Traffic Lights

Materials Needed



Area 30 x 30 yds

- Cones
- Ball per player

Description:

Players start each with ball. At the call of “green light” players go around dribbling. Focus on technique in keeping ball close and using laces/top of foot to move the ball. Call “red light” and players stop and place foot on top of ball.

Progress into variations as follows:

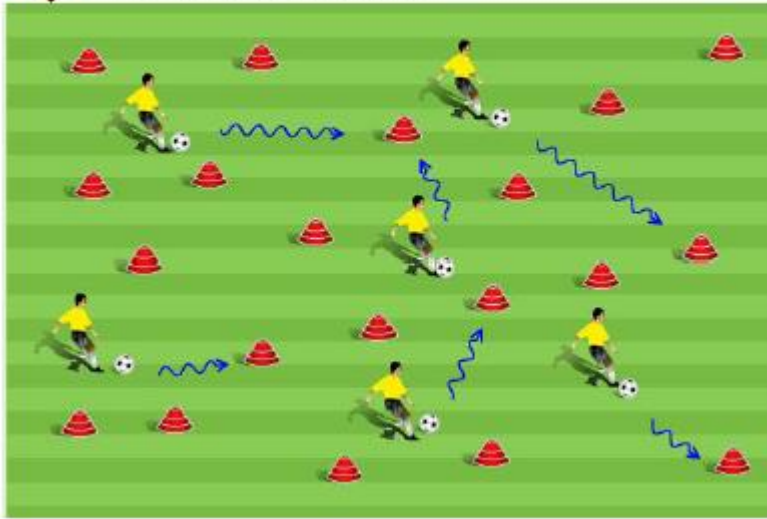
- “race car” – dribble around really fast
- “big truck” – dribble slow and controlled

Further progression:

Setup cones to act as traffic lights. Players dribble up to cones and coach acts as a traffic light, calling out red light and green light.

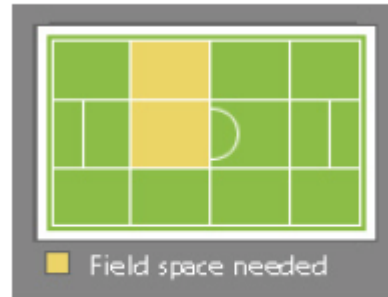
Coaching Points

- Keep ball close and under control
- Keep head up



Cone Heads

Materials Needed



Area 20 x 30 yds

- Ball per player
- Cones

Cone Heads

Description

Each player has a ball and gathered on one side of the field. On the other side are a number of cones (at least two for each player) spread around the area. At the whistle the players are to dribble to the other side of field find and then dribble around a cone. The player then picks up the cone and places it on their head and then dribbles back to where they started.

The player can then dribble back to pick up another cone if they complete the first one in time.

Progressions

Players cannot hold the cones and must balance it on their heads while dribbling.

Coaching Points

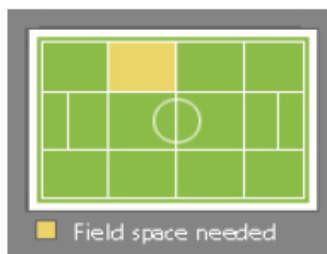
- Controller dribbling
- Keeping head up while dribbling

U4 – Week 2 Activity 1



Old MacDonald's Farm

Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Old MacDonald's Farm (Dribbling, turns)

Description:

Coach gets into character and sings as players act like their favorite farm animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

- Become part of the story and have fun
- Keep balls close by
- Quick response to instruction

Progressions:

Instructions

Leading the chorus of the children's nursery rhyme 'Old MacDonald had a Farm', the coach introduces various animals – players have to do impressions of the animals.

Chicken – sit on the ball and flap arms, Frog – ball between legs and jump, Pigs – push ball around with nose, Camel – ball behind neck, Horse – galloping, Kangaroo – ball up shirt and bounce around - ask the player to come up with animals and how to move.

Story: "Old MacDonald had a farm EE I EE I O, and on that farm he had a"

This is an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dodging etc.

Animal Actions

- Chicken – sit on ball and flap "wings"
- Cow – "moooooove" the ball slowly and deliberately
- Horse – Run and skip with the ball
- Pig – Roll around on ground and then grab ball to chest, hugging it bringing knees up.
- Dog – Bark out loud while dribbling
- Cat – Crouch next to ball and then pounce up and run
- Zombie/Monsters – Hold ball in hand and walk around while growling

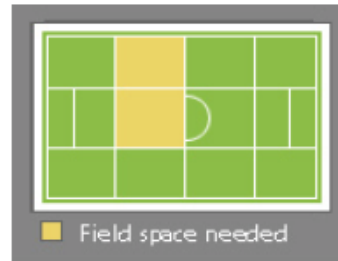
Have kids come up with their own animal actions

U4 – Week 2 Activity 2



Got Ya

Materials Needed



Ball per player

- Cones

Got Ya (Dribbling)

Description:

Players start on the line with a ball each. The coach starts by facing all of the players. When the coach turns his/her back the players can start to dribble. As soon as the coach turns back around to face the players they must stop straight away with foot on the ball. If they don't they must return the start. First player across wins.

Coaching Points

- Keep head up
- Keep ball close and under control
- Stop with foot on the ball

Progressions:

This is a great game that builds awareness.

Other points:

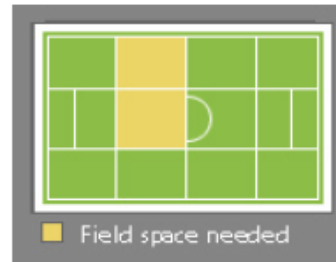
- Break up into two teams if in a large group.
- As a coach, keep animated to keep kids interested in watching you

U4 – Week 3 Activity 1



Looters

Materials Needed



Area 40 x 20 yds

- Ball per player
- Cones
- Training Vests

Looters (Dribbling, attacking, and defending)

Description:

Two or more teams. To play the activity with two teams, two 5 x 5 yds square are marked 5 yards from each end line. Players from both teams stand inside their team square and all the balls are lined up on center line of the area. On the command of "GO" players leave their square and attempt to dribble a ball back to their square. An opponent cannot steal the ball. Play until all balls are in either of the two squares.

Coaching Points

- Get to the ball quickly
- Move into space
- Keep head up to be aware of other players
- Dribble with laces for speed

1st run: Balls start on line. Players bring back to home square

2nd run: Dribble ball to line and then run back to home square

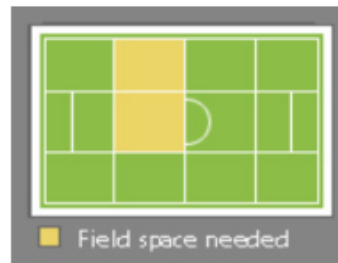
3rd run: Run to ball and then continue forward to other teams square.

U4 – Week 3 Activity 2



Follow the leader

Materials Needed



Balls

- Cones
- Training Vest

Follow the leader (Dribbling)

Description:

Player 1 starts without a ball and player 2 has a ball at his/her feet. Player 1 starts by slowly jogging around the area for player 2 to follow (with the ball). The aim for player 2 is to stay as close to player 1 as possible. After 45 seconds change roles.

Coaching Points

- Awareness of the leader
- Keep head up
- Keep close and moving at all times.

Game Notes

- Player 1 is parent and Player 2 is child.
- Setup cones to make several areas that act as obstacles (to dribble around, between and through).
- Play for 2 minutes, and then change roles. Repeat twice.

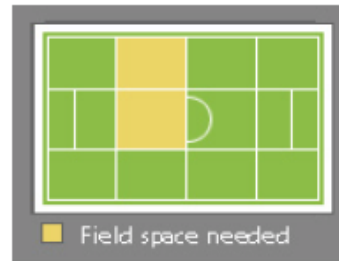
U4 – Week 4 Activity 1



Tree House (Dribbling)

Tree House

Materials Needed



Area 20 x 20 yds

- Balls
- Cones

Description:

At either end of the area you have a tree house. At one end you have the 'Greedy Gorillas' and at the other end you have the 'Cheeky Chimps'. In the middle are all the soccer coconuts. On the call of "GO" the Chimps and Gorillas run to the middle and collect a coconut and return back to their tree house before going to collect another one.

Coaching Points

- Keep ball moving
- Keep ball close
- Keep head up

Game Notes

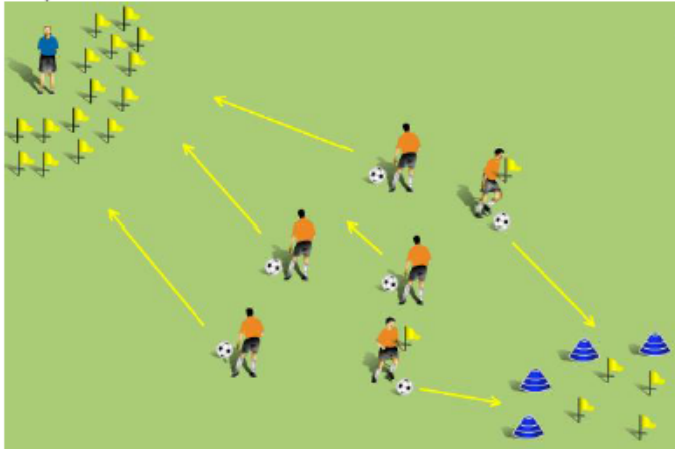
Add lots of balls to the pile.

Progression

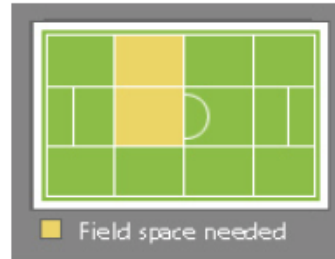
After all balls are collected, players are to return them one at a time to the center circle. The balls must be in the circle. A coach in the middle will kick a few balls out until all balls are collected.



Sleeping Giant



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Sleeping Giant (Dribbling)

Description:

The coach (sleepy giant) has stolen all the villager's treasure (training vests). The villagers have to send the giant off to sleep by singing his/her favourite song, for example Twinkle Twinkle Little Star. Once the giant is asleep then the villagers may dribble their ball towards the giant and the treasure. If the giant stirs the villagers must hide behind their ball so the giant can't see them. Once again the villagers must send the giant back to sleep by singing his/her favourite song. Now that the giant has gone back to sleep the villagers can dribble their ball closer to the giant. Once a villager gets all the way across to the giant they can take a piece of treasure and return to their village. The aim is to win back all the treasure.

Game Notes

- Use cones instead of vests.
- Use two "giants" in a large group.
- Having kids sing is optional.

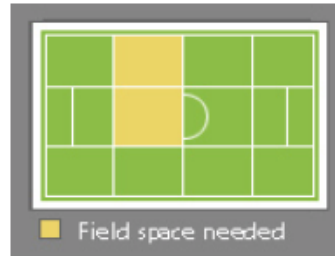
U4 – Week 5 Activity 1

soccer interactive.com

Body Part Dribbling



Materials Needed



Group of Players

- Cones and Flags
- Large supply of balls
- 20 x 25 playing field

Body Part Dribbling (Dribbling)

Description:

In a designated area, determined by the coach and number of players, all the players dribble a soccer ball. When the coach calls out the name of a body part, players must touch the body part to the ball as quickly as possible.

Coaching Points

- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control

Progressions:

Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once. (i.e. both hands or both feet.)

Game Notes

If the field is wet/muddy may want to substitute this game.

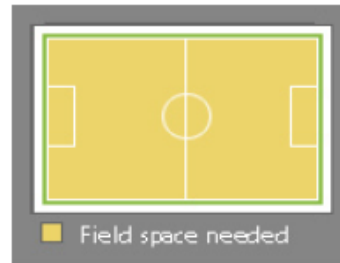
Body parts to use:

- Heel
- Knee
- Both feet
- Hands
- Elbows
- Belly
- Head



Cleaning my Room

Materials Needed



20 soccer balls

- cones
- 20x30

Cleaning my Room (Attacking)

Description:

My room is a mess and has soccer balls ever where. I have helpers to help clean my room. Their job is to clean my room but make my brother room a mess. At the same time my brother is trying to clean his room and also has helpers. The aim is to strike the balls across into the other room. The cleanest room after 1 minute is the winner.

Coaching Points

- Lock ankle
- Strike ball with Laces

- aim for the space

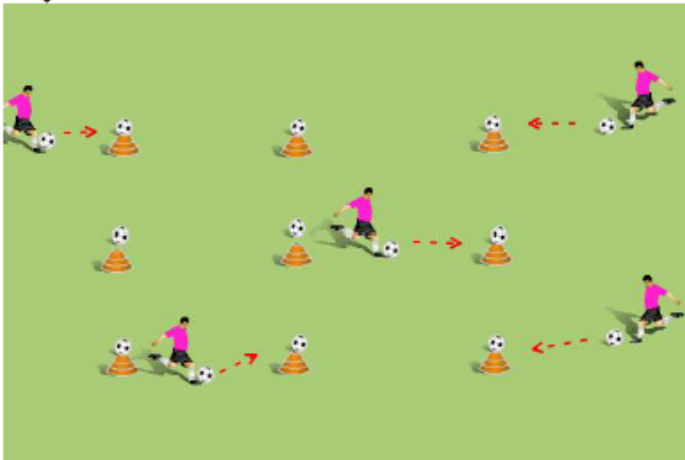
Progressions:

Players must stay in their room at all times. They are not allowed to cross the line into the other room.

Game Notes

- Add lots of balls to the area
- Start by allowing big kicks, but then focus on keeping control
- Repeat and "help" teams win as needed.

U4 – Week 6 Activity 1



Storm the Castle (Dribbling & Attacking)

Description:

Players have a ball each and must dribble around the area. In the area are soccer balls placed on cones (The Castle). The players aim to strike their ball against the Castle in order to knock the ball off. The aim is to see how many balls can be knocked off the castles in 1 minute. Castles are worth 1 point each.

Coaching Points

- Keep ball close
- Keep head up
- Strike ball with laces and lock ankle

Progressions:

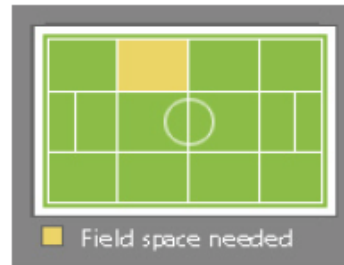
Instead of playing for 1 minute play until the first player has shot down 5 Castles.

Game Notes

Lots of balls needed – enough for at least one extra per player.

Storm the Castle

Materials Needed

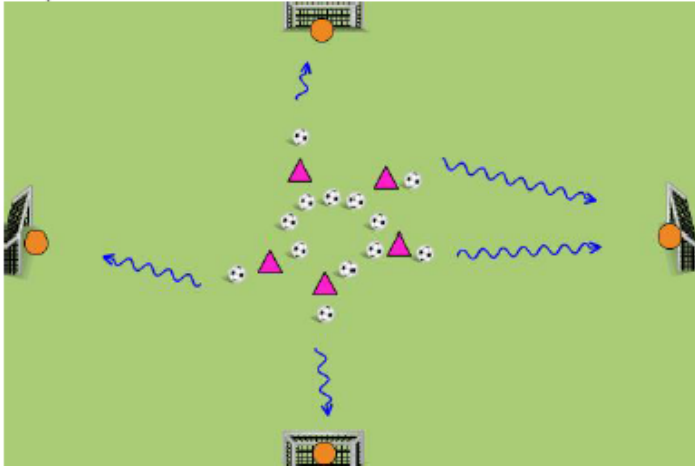


Area 30 x 30 yds

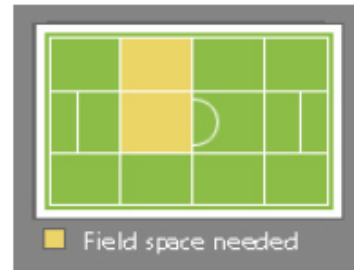
- Ball per player
- Ball per cone
- Cones



Beat the Keeper 4 Goal



Materials Needed



Area: 30 x 30 yds

- Balls
- Cones
- Goals x 4

Beat the Keeper 4 Goal (Attacking)

Description:

Place all the balls in the middle. Have 4 keepers in each one of the goals (Parents). On the call of "GO" players must collect a ball and attack one of the goals. Once they have scored collect another ball from the middle and attack a different goal. How many goals can they score in 1 minute?

Coaching Points

- Dribble at pace
- Keep ball close
- Keep head up
- Strike ball with laces
- Lock ankle
- Aim for the corners

Setup Notes

- Extra balls should be used (just place in middle circle)
- Four nets on each corner of field.
- Volunteers to have one goal keeper at each goal.

Game Notes

- Start with all balls in center and kids in different groups.
- Collect one ball and shoot on one goal.
- Go back to center and get another ball to shoot on another goal.
- Goal keepers feed the balls back to the center.

U4 – Week 7 Activity 1



Treasure Chest

Materials Needed



Area 20 x 20 yds

- Balls
- Cones
- Training Vests

Treasure Chest (Dribbling, Attacking, Defending)

Description:

Split group into two even teams. Players stand in teams opposite the coach 20 yds away with a pile of balls. Two small goals (Treasure Chest) are placed 10 yds between the players and the coach facing towards the outside of the square. Goals are sufficiently spaced to create a lane for players to run between. On the coach's command, players sprint to a cone placed near the coach. Players round the cone and the coach drops one ball (Treasure). Parents can act as defender trying to get ball.

Coaching Points

- Beat the defender using various moves
- Take a chance on goal
- Be creative

Setup Notes

- Extra balls needed
- Setup two or four nets so as to create a lane for players to run through.
- Keep line moving to keep players from waiting (use two setups for large groups)

Game Notes

- When dropping balls for players be creative (drop at feet, roll ball away, etc)
- Player receives ball and then dribbles around to shoot on goal.



Antz Nests

Materials Needed



Area 20 x 20 yds

- Ball per Player
- Cones
- Training Vests

Antz Nests (Dribbling, Turns)

Description:

Four equal teams of Antz must work quickly to build their ants nest. In the four corners of the square the coach sets 3x3 yd squares. The objective is to fill the nest with supplies first – three balls.

Coaching Points

- Quick turns and dribble
- Look around to see which groups are closest to winning
- Stay upright when competing for a ball

Setup Notes

- Setup four squares – these are the nests
- Separate into four groups – you are the ants.
- All balls in center (extra balls needed)
- Add cones to the center as well

Game Notes

- Each team sends out one player to return to nest with a ball or a cone. Next player goes when first returns.

Progressions

- Include a “grasshopper” (coach/parent) in the middle trying to “scare” the ants.
- Assign each team of ants a name or color. Shout out that name/color to send all the players running for a ball or cone.

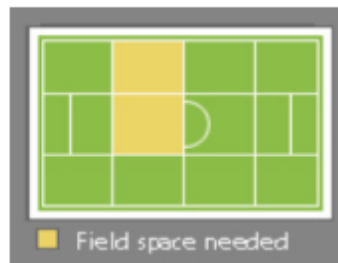
U4 – Week 8 Activity 1



Speed Dribble # 1



Materials Needed



Area 30 x 20 yds

- Balls
- Cones
- Training Vests

Speed Dribble # 1 (Dribbling)

Description:

Players work in pairs with one ball between them. The partner with the ball stands by the red cone with their partner without a ball standing by the blue cone. On coaches command all players work at the same time - players with a ball dribbling to the near cone and back and the players without a ball running around the far cone and back. All balls must be stopped within one yard of the starting cone on returning. Players swap roles every time with their partner. 1) Step on turn, 2) Drag back. This is a competition between the partners to see who returns to the start line quickest with a point awarded for good technique or speed and a bonus point awarded for the first player back at the starting cone.

Setup Notes

- Players and parents team up. Player has ball, parents don't.
- Two lines of cones (one closer than others).

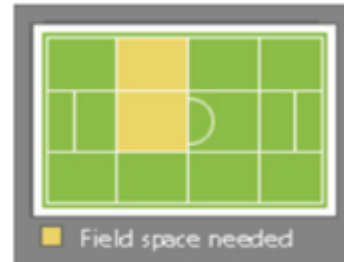
Game Notes

- Player with ball has to dribble to and back closest line of cones.
- Player without ball has to run to further line and come back.
- Change it up so that parent has ball and repeat.



Progressive Gates

Materials Needed



Area 30 x 20 yds

- Balls
- Cones

Description

Setup several gates using cones. Make enough of them in various positions for the number of kids in the group to easily navigate. Using a timer, the players try to dribble between the gates in 60 seconds, keeping count of each gate they pass.

After the first two runs, decrease the size of the gates and go again.

Progression

After dribbling through the gate, player can then pass backwards through it to another player or parent.