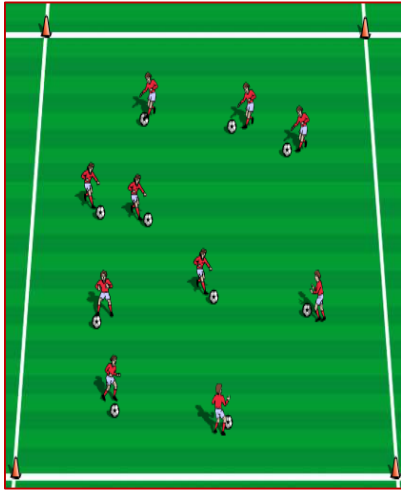


U5 Week 1.



Warm Up: Toe Tappers.

10 Minutes



SET UP: 15x15 Yard Area.

The whole group starts in one corner and the coach puts all the balls in the middle of the area. The coach then tells them we are going to run around to see who can tap the most balls with the bottom of their feet. After 30 seconds the coach then asks the group, on how many soccer balls they touched. Do this with every progression.

PROGRESSION:

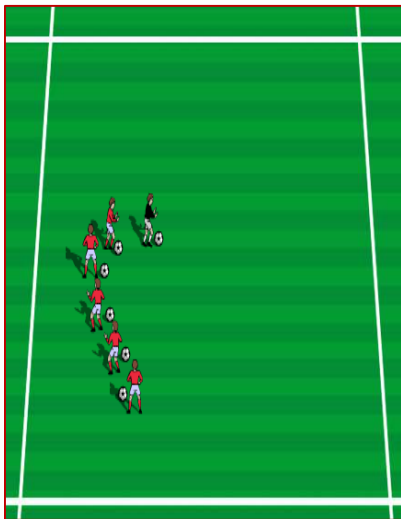
1. Touch each ball twice. (left & right toe taps)
2. Tap the ball with the inside of their feet. (foundations)
3. Jump over ball.

COACHING POINTS:

- Quick feet.
- Look around for spare soccer balls.
- Watch out for others.

Activity 1: Follow the Coach.

15 Minutes



SET UP: 15x15 Yard Area.

The coach dribbles around the area. The players are in a line and must follow wherever the coach goes.

PROGRESSION:

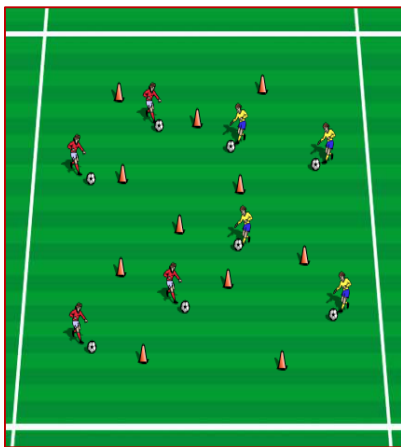
1. The coach should now stop randomly to get the children used to stopping their ball.
2. When we stop the ball, perform 5 toe-taps. Count out with the children.
3. When the coach stops he will call out body parts that the players must touch the ball with before setting off again.
4. Start changing direction using zig-zags and speeding up.

COACHING POINTS:

- Stop the ball using the bottom of your foot.
- Can they keep up with the coach?
- Who can keep the ball close?
- Soft touches.

Activity 2: Domes and Dishes.

15 Minutes



SET UP: 15x15 Yard Area. Randomly place cones both right side and upside down in the area.

Two teams. The reds must dribble their ball and turn cones upside down. The yellows are turning the right way up. After a minute see which team has the most cones upside down or right way up. Play several rounds.

PROGRESSION:

1. Players can only move the ball using the bottom of their feet.
2. Players can only move the ball around using the insides of their feet.
3. Players can only move the ball around using their laces.

COACHING POINTS:

- Keep the ball close as the coach may come along and kick it away.
- Remember to stop the ball before trying to turn over a cone.
- Look around to see cones to turn around and so you don't bump into anyone.

Finish with a game: 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. Reduce stoppages and encourage lots of dribbling. Feel free to help players out or make other players tasks a little harder. Most of all, encourage to the maximum and promote fun. Take regular water breaks.