Coach:	Ryan Gardner
Club:	Kingston United
Role:	Development Coach
Qualf:	USSF 'E' (Canada)

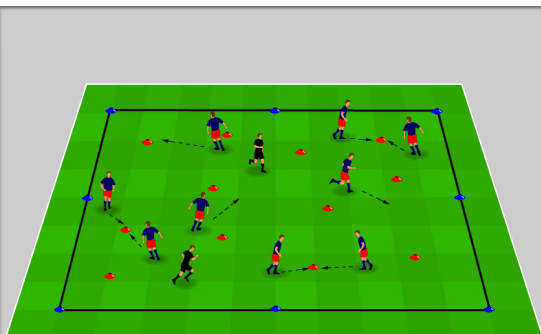|					
Date:	30/May/2016	**Duration:**	00:30 min	**Session**	Dribbling
Time:	18h 00m	**Age/Level:**	U5 - U7	**Objective:**	

U4/5 Week 7

Elves and Wizards

Description:

Set up a 15X15 "Cone Forest". Elves (players) move around the forest. Whenever 2 elves meet in the forest, they jump over the cone, taking turns. Can elves jump over all of the cones before the wizards (coach/parents) catch them? This can be done with a ball as well.

Coaching Points:

1. Head up
2. Change direction
3. Explode into space

Bulldozers and Builders
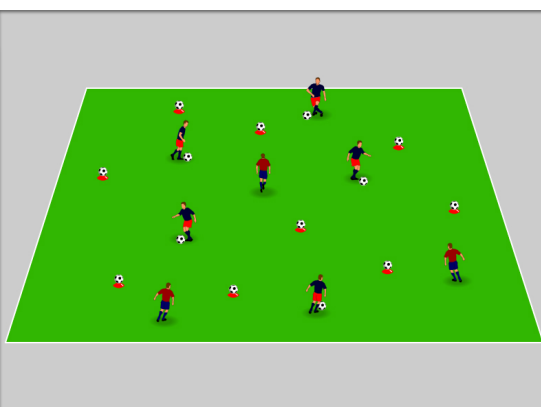
Description:

Set up a 30X30 grid with a number of balls on cones (buildings). Have more than half of the players with a ball (Bulldozers) dribble around trying to knock down buildings. The players without a ball (builders) try to put the balls back on the cones. You can also use parents as Builders. Change up the bulldozers and builders every minute or 2.

Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase

Demolition Derby
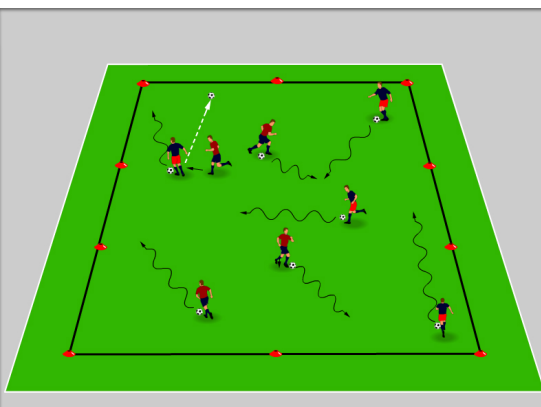
Description:

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Change direction