



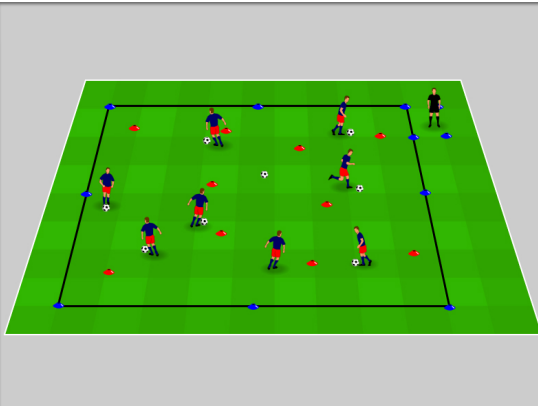
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Time: 18h 00m
Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling
Objective:

U4/5 Week 8

Bird Hunter



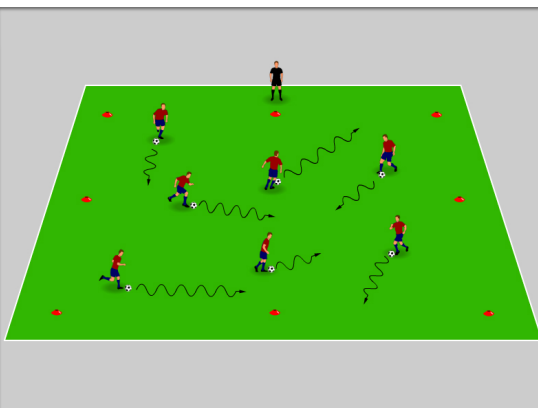
Description:

Set up a 15X15 grid with a number cones (trees) spread around. Mark out a square (hunter's tent) just off of the field. The players (Birds) dribble through the forest. When the hunter (coach) runs into the forest, the birds need to get to a tree as soon as possible. Only one bird is allowed in each tree. If a bird is caught, they become a hunter as well.

Coaching Points:

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

Pirate Ship



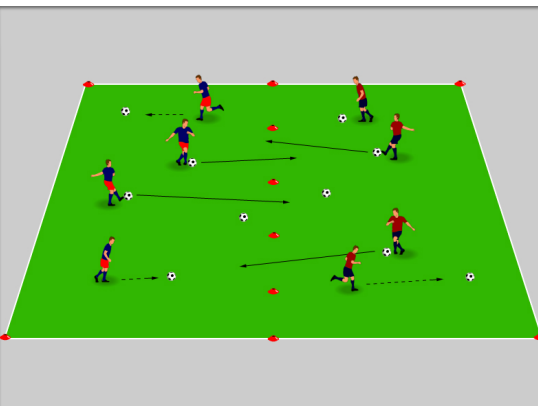
Description:

Players dribble around in a 20X20 area (Pirate Ship) and perform different moves on the coaches command. "Scrub the deck" = inside taps. "Captains Coming" = 1 foot on the ball, salute the captain and shout "ay, ay Captain." "Man overboard" = Players dribble to the edge of the ship to look (hand on fore head). "Fire the cannons" = Players dribble to edge of ship and strike their ball at "another Ship"

Coaching Points:

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

Clean your Room



Description:

The players are split into two teams. Each team stands either side of the marked out line. Tell players that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins. When you shout GO! the players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again strike it back. After one minute stop the players and see who has the least balls in their area and therefore the tidiest room!

Coaching Points:

1. Eye on the ball
2. Follow through
3. Use inside of foot or laces