



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

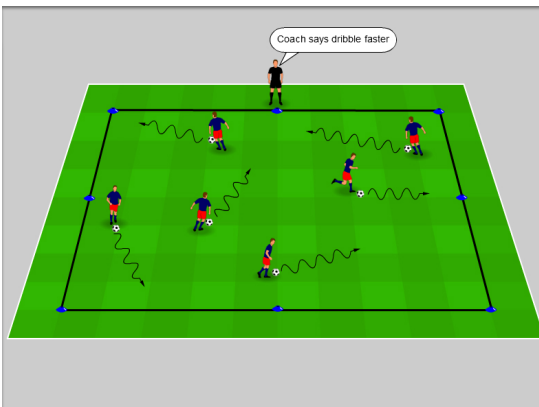
Date: 27/Jun/2016
Time: 06h 00m

Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling/Striking
Objective:

U4/5 Week 5

Coach Says



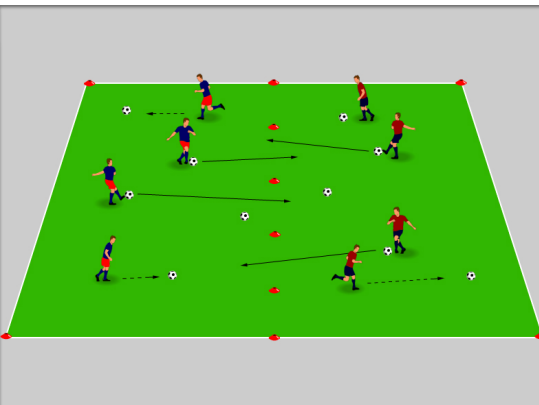
Description:

The game is similar to 'Simon says' but instead involves soccer related activities. Every time you say "coach says..." the players must perform that task given. However, if you do not say "coach says" at the beginning of the sentence the players must stay still or carry on the previous task. If a player performs the task without you saying 'coach says' then the player must do 3 toe taps. Examples- Dribble faster, dribble slower, stop, go, change balls with another player ect.

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



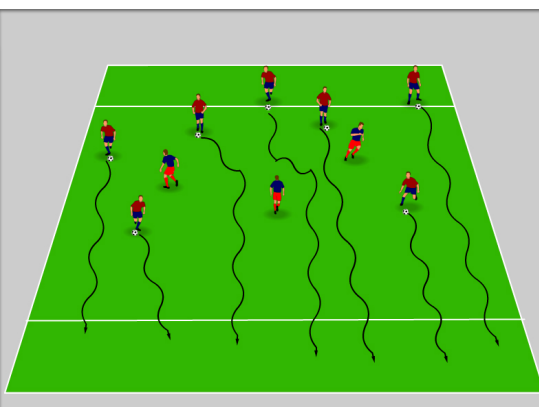
Description:

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

Sharks and Minnows



Description:

Set up a 40x20 grid. All except 2 players (Minnows) line up at one end of the grid. The other 2 (Sharks) stand in the middle. On the coach's signal, the Minnows try to dribble their ball to the other end of the grid. If one of the Sharks takes a ball from a Minnow, then the Minnow becomes a Shark too.

Coaching Points:

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