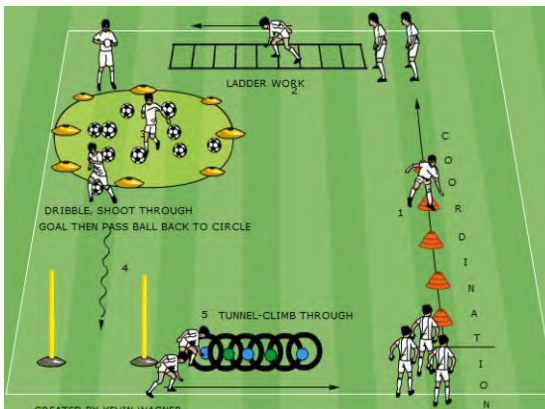






MERIDIAN SOCCER

UNDER 5 - WEEK 1

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN


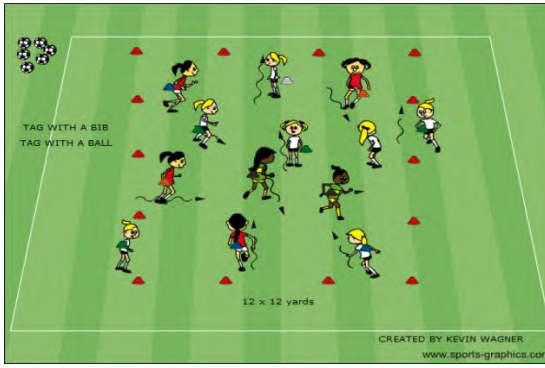

ORGANIZATION	ACTIVITY 1 - CIRCUIT	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •AGILITY CIRCUIT WITH 5 ACTIVITIES •PLAYERS WITH PARENTS • START W/ FOLLOW THE LEADER AT LADDER •#1 LADDER-BEAR WALK, HOP, ETC •#2 GET A BALL-DRIBBLE & SCORE •#3 TUNNEL-CRAWL THROUGH •#4 LOG ROLL •#5 TALL CONES-GO THROUGH LIKE AN AIRPLANE OR KICK OVER CONES <p>HAVE A PARENT AT LADDER TO CHANGE ACTIVITIES AND AT TUNNEL TO HOLD IT</p>	 <p>CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> • KEEP PLAYERS MOVING FROM PHASE TO PHASE, AND BALLS, CONES BACK AFTER USE •USE IMAGINATION WITH COORDINATION •HELP EACH PLAYER WITH THE PHYSICAL COMPONENT OF EACH PHASE <p>10 minutes</p>
<ul style="list-style-type: none"> •PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA •HEAD COACH HAS BAG IN THE MIDDLE •COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: OVER THE HEAD, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING •REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYERS BRING THEM IN 	<p>ACTIVITY 2 - MAGIC BALL BAG</p>  <p>12 x 12 yards CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •PHYSICAL LITERACY •IMAGINATION, CREATIVITY •DRIBBLING, COORDINATION •ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED <p>10 minutes</p>
<ul style="list-style-type: none"> • PLAYERS AND PARENTS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS AND PARENTS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK • BEGIN WITH AN EMPTY JUNGLE •EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS, RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. •USE IMAGINATION 	<p>ACTIVITY 3 - JUNGLE GAME</p>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET •ENCOURAGE CREATIVITY, IMAGINATION •COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME •CAN LAST A BIT LONGER THAN OTHER GAMES <p>10 minutes</p>
	<p>ACTIVITY 4 - GAME</p> <p>SELECT 2-3 ACTIVITIES AND PLAY GAME TO END</p> <p>20 MINUTE GAME</p> <p>4 VS 4</p>	



MERIDIAN SOCCER

UNDER 5 - WEEK 2

TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY


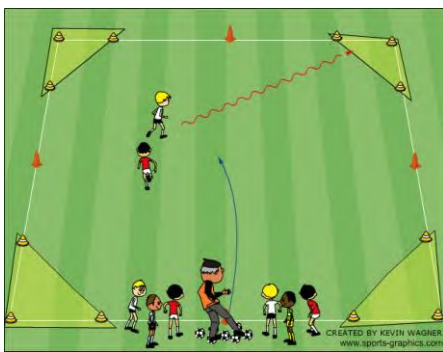
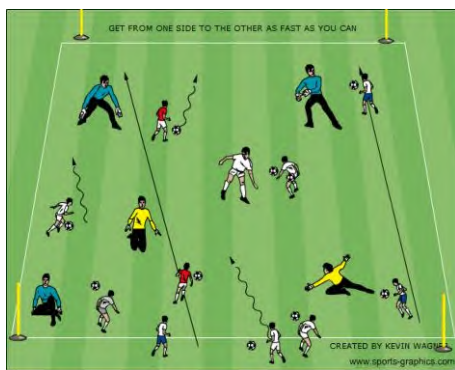
ORGANIZATION	ACTIVITY 1- SQUARE DANCE	COACHING POINTS/KEY FACTORS
<p>PLAYER TOGETHER START TO DRIBBLE</p> <ul style="list-style-type: none"> • HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES • EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC. • PROGRESS TO PARENTS STANDING AS A TARGET TO PLAY A BALL TO, THROUGH, ETC • BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND 		<ul style="list-style-type: none"> • USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN • ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK • KEEP REMINDING THE PLAYERS TO STAY IN THE LINES • ENCOURAGE ALL TO BE INVOLVED <p>8 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE (BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS TRYING TO PULL THE BIBS OF ALL PLAYERS • PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> • SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL • PHYSICAL COORDINATION, TURNING, FUN <p>8 MINUTES</p>
<ul style="list-style-type: none"> • PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA • HEAD COACH HAS BAG IN THE MIDDLE • COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: OVER THE HEAD, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING • REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYERS BRING THEM IN 		<ul style="list-style-type: none"> • PHYSICAL LITERACY • IMAGINATION, CREATIVITY • DRIBBLING, COORDINATION • ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED <p>8 MINUTES</p>
	<p>ACTIVITY 4 - GAME</p> <p>SELECT 2-3 ACTIVITIES AND PLAY GAME TO END</p> <p>20 MINUTE GAME</p> <p>4 VS 4</p>	



MERIDIAN SOCCER

UNDER 5- WEEK 3

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN


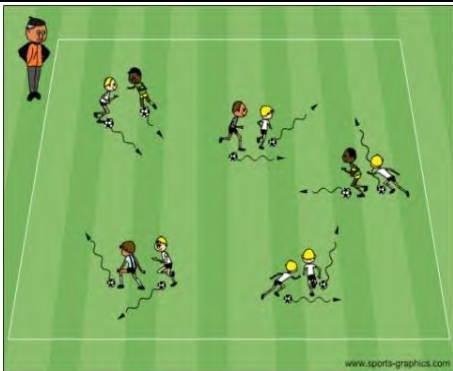
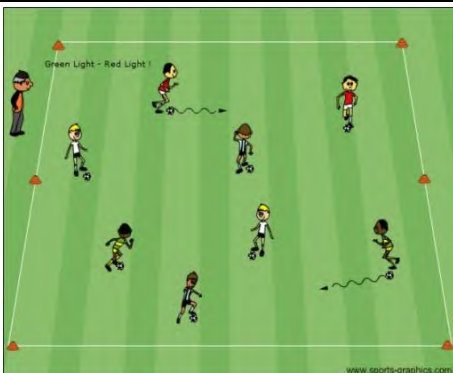
ORGANIZATION	ACTIVITY 1- SQUARE DANCE	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none">•PARENT AND PLAYER TOGETHER START TO DRIBBLE•HEAD COACH ASKS FOR PHYSICAL LITERACY AND INTRODUCES SOME TECHNIQUES•EXAMPLES-DRIBBLE, RUN WITH BALL OVER HEAD, UNDER BUM, NOSE ON BALL, KNEES, TOE TAPS, ELBOWS, ETC.•PROGRESS TO HALF THE PLAYERS STANDING AS TARGET TO PLAY A BALL TO, THROUGH, ETC•BALLS CAN ALSO BE USED TO JUMP OVER, TRAP, TOUCH WITH HAND		<ul style="list-style-type: none">•ALL PARENTS USE PERSONALITY AND ENERGY TO GET THE KIDS TO BUY IN•ANY PHYSICAL LITERACY, MOVING, JUMPING, RUNNING IS POSITIVE WORK•KEEP REMINDING THE PLAYERS TO STAY IN THE LINES•ENCOURAGE ALL TO BE INVOLVED <p>8 MINUTES</p>
<ul style="list-style-type: none">•PLACE THE PLAYERS INTO BIBS/2 TEAMS•THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME•THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE•A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH.•THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD		<ul style="list-style-type: none">•DRIBBLE WITH EYES UP•TURN WITH THE BALL AWAY FROM PRESSURE•AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER•USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>8 MINUTES</p>
<ul style="list-style-type: none">•MAY NEED 2 ADULTS TO ORGANIZE ON EACH END LINE•PLAYERS BEGIN ON ONE END AND DRIBBLE WITH THE BALL THROUGH THE OCEAN TO THE OTHER SIDE.•WHEN THEY GET TO THE OTHER SIDE, THEN WAIT UNTIL ALL HAVE GOT ACROSS THEN RETURN BACK•PARENTS/"OCTOPUS" PRETEND TO GET THE PLAYERS BALLS AS THEY DRIBBLE		<ul style="list-style-type: none">•ENCOURAGE ALL PLAYERS TO USE THEIR FEET•MOVE WITH SHORT TOUCHES, FAST FEET•DRIBBLE AWAY FROM THE OCTOPUS SO THEIR BALL DOESN'T GET CAUGHT•HAVE FUN <p>8 MINUTES</p>
	ACTIVITY 4 - GAME	
	SELECT 2-3 ACTIVITIES AND PLAY GAME TO END	
	20 MINUTE GAME	
	4 VS 4	



MERIDIAN SOCCER

UNDER 5- WEEK 4

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN

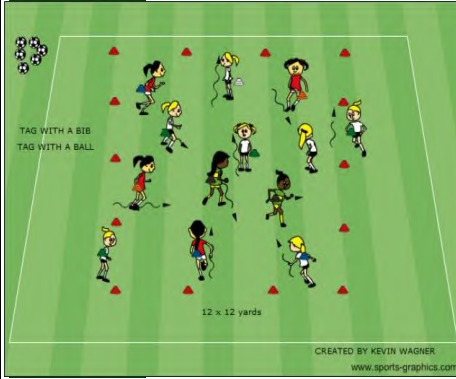

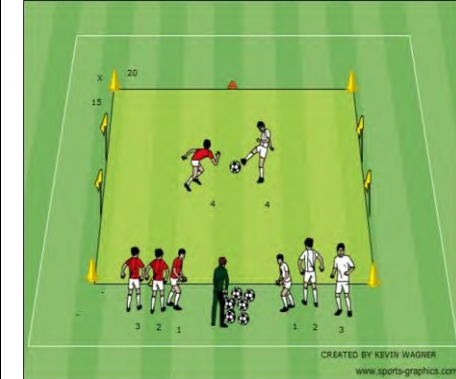
ORGANIZATION	ACTIVITY 1- COACH SAYS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER <p>TIP-A GOOD WAY TO SET THE ENIRONMENT WITH POSITIVE ENERGY</p>		<ul style="list-style-type: none"> •PURPOSE-TO ENCOURAGE DRIBBLING WHILE INTRODUCING BODY MOVEMENTS SUCH AS JUMPING, TWISTING, TURNING, •SKILLS-WE WOULD LIKE THE PLAYERS TO BE ABLE TO TURN WITH THE BALL USING THE BOTTOM, INSIDE, OUTSIDE OF THE FOOT. <p>8 MINUTES</p>
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •PLAYERS DRIBBLE AND TRY TO TAG A PLAYER WITH THEIR HAND WHILE THEY DRIBBLE •NO PLAYER IS ALLOWED TO ABANDON THEIR BALL •CAN PLAY FOR 30-60 SECONDS WITH THE PLAYER WITH MOST TAGS WINNING, OR PLAY TELL THERE IS ONE WINNER (WHEN TAGGED YOU LEAVE THE GRID) 	<p>ACTIVITY 2- TAG</p> 	<ul style="list-style-type: none"> •SKILLS- KEEP CLOSE • CHANGE DIRECTION, PACE •TURN WITH BALL WITH BOTTOM, INSIDE OUTSIDE OF THE FOOT •A QUICK TOUCH, A QUICK STEP <p>8 MINUTES</p>
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •NO PLAYER IS ALLOWED TO ABANDON THEIR BALL •PLAYERS DRIBBLE, LOOKING UP •COACH YELLS RED LIGHT(STOP), GREEN LIGHT (DRIBBLE AND GO), YELLOW LIGHT (SIT ON BALL). •COACH CAN PROGRESS TO HAND SIGNALS OR USE COLOURS WHICH EQUALS PHYSICAL LITERACY- EX PURPLE =3 JUMPING JACKS, ETC 	<p>ACTIVITY 3 - TRAFFIC LIGHT GAME</p> 	<ul style="list-style-type: none"> •ENCOURAGE FAST QUICK FEET • DRIBBLE WITH EYES UP • CHANGE DIRECTION QUICKLY •ADD PHYSICAL LITERACY COMPONENTS TO THIS (JUMPING, TWISTING, TURNING, ETC) <p>8 MINUTES</p>
	<p>ACTIVITY 4 - GAME</p>	
	<p>SELECT 2-3 ACTIVITIES AND PLAY GAME TO END</p>	
	<p>20 MINUTE GAME</p> <p>4 VS 4</p>	



MERIDIAN SOCCER

UNDER 5- WEEK 5

TOPIC: PHYSICAL LITERACY, DRIBBLING SKILLS, IMAGINATION/FUN



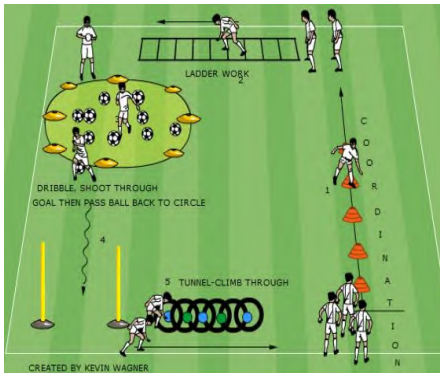
ORGANIZATION	ACTIVITY 1- BEAVER TAG - BALL TAG	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL) • CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME • OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS •PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL • CAN PLAY WITH RE ENTRY OR A WINNER 		<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL •PHYSICAL COORDINATION, TURNING, FUN <p>8 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS START ON ONE SIDE OF THE JUNGLE. WHEN COACH YELLS GO, PLAYERS DRIBBLE BALL TO OTHER SIDE. THEN "GO" AND BACK • BEGIN WITH AN EMPTY JUNGLE •EVERY FEW TIMES THE PLAYERS GO THERE AND BACK, THE COACH ADDS MORE THINGS TO THE JUNGLE TO BE DRIBBLED AROUND • YELLOW CONES=ROCKS,RED CONES=LAVA BIBS COULD BE WATER, JUNGLE ANIMALS TREES, ETC. •USE IMAGINATION 	<p>ACTIVITY 2 - JUNGLE GAME</p> 	<ul style="list-style-type: none"> •ENCOURAGE PLAYERS TO DRIBBLE AROUND OBSTACLES WITH QUICK FEET •ENCOURAGE CREATIVITY, IMAGINATION •COACHES AND PARENTS UDE PERSONALITY AND ALL PLAYERS WILL LOVE THIS GAME •CAN LAST A BIT LONGER THAN OTHER GAMES <p>8 MINUTES</p>
<ul style="list-style-type: none"> •PLAYERS ARE NUMBERED 1,2,3,4 ETC •THE PLAY IS 1V1 -4V4 WITH 2 TEAMS •THE COACH CALLS OUT THE NUMBER OF OF (EX #2) WHOM THEN PLAY 1 V 1 AGAINST EACH OTHER •WHEN A GOAL IS SCORED OR THE BALL GOES OUT OF PLAY , THAT GROUP STOPS AND COMES BACK TO THE START LINE •THERE IS NO GKS - ALL PLAYERS START BESIDE COACH ON SIDE LINE 	<p>ACTIVITY 3 - NUMBERS GAME ON SIDE</p> 	<ul style="list-style-type: none"> •USE YOUR COACHING STICKS AS GOALS, AS WELL AS CONES •ENCOURAGE PLAYERS TO DRIBBLE PAST EACH OTHER •CAN PROGRESS IN 2 WAYS - <ul style="list-style-type: none"> 1-MULTIPLE 1V1 AT THE SAME TIME 2- 2V2, 3V3, ETC <p>8 MINUTES</p>
	<p>ACTIVITY 4 - GAME</p> <p>SELECT 2-3 ACTIVITIES AND PLAY GAME TO END 20 MINUTE GAME</p> <p>4 VS 4</p>	



MERIDIAN SOCCER

UNDER 5 - WEEK 6

TOPIC: DRIBBLING, SKILLS, PHYSICAL LITERACY




ORGANIZATION	ACTIVITY 1- BEAVER TAG	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none">•PLAYERS BEGIN BY HAVING A BIB TUCKED INTO THE SIDE(BEAVER TAIL)• CAN PLAY IN TWO WAYS- EVERYONE IT AND ALLOWED TO PULL OUT THE BIB OF PLAYERS WHO CANNOT RE ENTER GAME• OR 1 OR 2 PLAYERS IT TRYING TO PULL THE BIBS OF ALL PLAYERS•PROGRESS TO A BALL IN HAND, TAGGING PLAYERS ON THE BACK WITH THEIR BALL• CAN PLAY WITH RE ENTRY OR A WINNER		<ul style="list-style-type: none">•SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS• PURPOSE IS TO INTRODUCE PLAYERS THE SKILL SET TO "SHIELD A SOCCER BALL" FIRST BY TURNING AWAY FROM PRESSURE USING A BIB, OR THE BALL•PHYSICAL COORDINATION, TURNING, FUN
<ul style="list-style-type: none">•PARENTS WITH THEIR CHILD BEGIN SITTING ALL AROUND THE OUTSIDE AREA•HEAD COACH HAS BAG IN THE MIDDLE•COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: OVER THE HEAD, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING•REMEMBER THE HEAD COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYERS BRING THEM IN		<ul style="list-style-type: none">•PHYSICAL LITERACY•IMAGINATION, CREATIVITY•DRIBBLING, COORDINATION•ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED
<ul style="list-style-type: none">•AGILITY CIRCUIT WITH 5 ACTIVITIES•PLAYERS WITH PARENTS• START W/ FOLLOW THE LEADER AT LADDER•#1 LADDER-BEAR WALK, HOP, ETC•#2 GET A BALL-DRIBBLE & SCORE•#3 TUNNEL-CRAWL THROUGH•#4 LOG ROLL•#5 TALL CONES-GO THROUGH LIKE AN AIRPLANE OR KICK OVER CONES <p>HAVE A PARENT AT LADDER TO CHANGE ACTIVITIES AND AT TUNNEL TO HOLD IT</p>		<ul style="list-style-type: none">•PARENTS KEEP PLAYERS MOVING FROM PHASE TO PHASE, AND BALLS, CONES BACK AFTER USE•USE IMAGINATION WITH COORDINATION•HELP EACH PLAYER WITH THE PHYSICAL COMPONENT OF EACH PHASE
ACTIVITY 4 - RELAY		
SELECT 2-3 ACTIVITIES AND PLAY GAME TO END		
20 MINUTE GAME		
4 VS 4		



MERIDIAN SOCCER

UNDER 5- WEEK 7

TOPIC: PHYSICAL LITERACY, DRIBBLING

ORGANIZATION	ACTIVITY 1- SQUARE DANCE+ CONES	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •PLAYERS BEGIN SITTING ALL AROUND THE BALL BAG • COACH HAS BAG IN THE MIDDLE •COACHES GIVES A TASK ON HOW TO BRING THE BALL BACK IN EX: HANDS, 4 HANDS, 6 HANDS, HOPPING, DRIBBLING • BALLS GET PASSED OUT AROUND THE AREA BUT NOT OUTSIDE IT •REMEMBER THE COACH KEEPS ADDING MORE BALLS FOR DESIRED LENGTH AS THE PLAYEWRS BRING THEM IN 		<ul style="list-style-type: none"> •PHYSICAL LITERACY •IMAGINATION, CREATIVITY •DRIBBLING, COORDINATION •ALWAYS ENCOURAGE THE PLAYERS TO MOVE AS FAST AS THEY CAN, CHEER THEM ON AND PARENTS HELP THEIR CHILD WHEN REQUIRED <p>10 MINUTES</p>
<p>SET UP</p> <ul style="list-style-type: none"> • Half of your team lines up near the kick off mark at half field, and half next to the goal. • About (3) yards in front of the goal, place disc cones, and encourage players to shoot before crossing that line. <p>METHOD</p> <ul style="list-style-type: none"> • Players at half field have a ball at their feet. One at a time, players will dribble towards the goal, once they start a "defender" from the goal line will run out and play defense. • Dribbler tries to score a goal, while the defender tries to win the ball. • If the defender wins the ball, they dribble to the half line to score a point. The offensive player earns a point by scoring a goal. • Encourage smart defending (be patient, watch the ball not the player). 	<p>ACTIVITY 3 - SHOOT-RETRIEVE-DEFEND</p> 	<ul style="list-style-type: none"> •ENCOURAGE GOOD, FAST DRIBBLING •PLAYERS TO HAVE EYES UP •TURN AWAY FROM PRESSURE •CAN USE BODY TO PROTECT BALL • FOR DEFENDERS TO GET TOUCH TIGHT • DEFENDERS NOT BE AFRAID TO MAKE CONTACT <p>10 MINUTES</p>
<p>Math Dribbling ACTIVITY #2</p> <p>SET UP</p> <ul style="list-style-type: none"> • Each player has a ball at their feet. <p>METHOD</p> <ul style="list-style-type: none"> • Have players dribbling in the space using "FAST FEET" moves. • Coach call out a number, and players must form groups according to that number. ("4"= 4 players in a group) • Players who do not form a group of the correct number, do three jumping jacks and rejoin the game. 	<p>ACTIVITY 2- MATH DRIBBLING</p> 	<ul style="list-style-type: none"> •SOCCER IS GAME THAT INVOLVES THE COORDINATION OF JUMPING, TWISTING, TURNING, KICKING, ETC - ENCOURAGE THIS • PURPOSE IS TO INTRODUCE PLAYERS TO THINK AND LOOK UP WHILE DRIBBLING • CAN USE COLORS OR SOME OTHER CUE TO HOW THE PLAYERS GROUP UP •PHYSICAL COORDINATION, TURNING, FUN - THINKING - PROBLEM SOLVING <p>10 MINUTES</p>
<p>ACTIVITY 4 - GAME</p> <p>SELECT 2-3 ACTIVITIES AND PLAY GAME TO END 20 MINUTE GAME</p> <p>4 VS 4</p>		