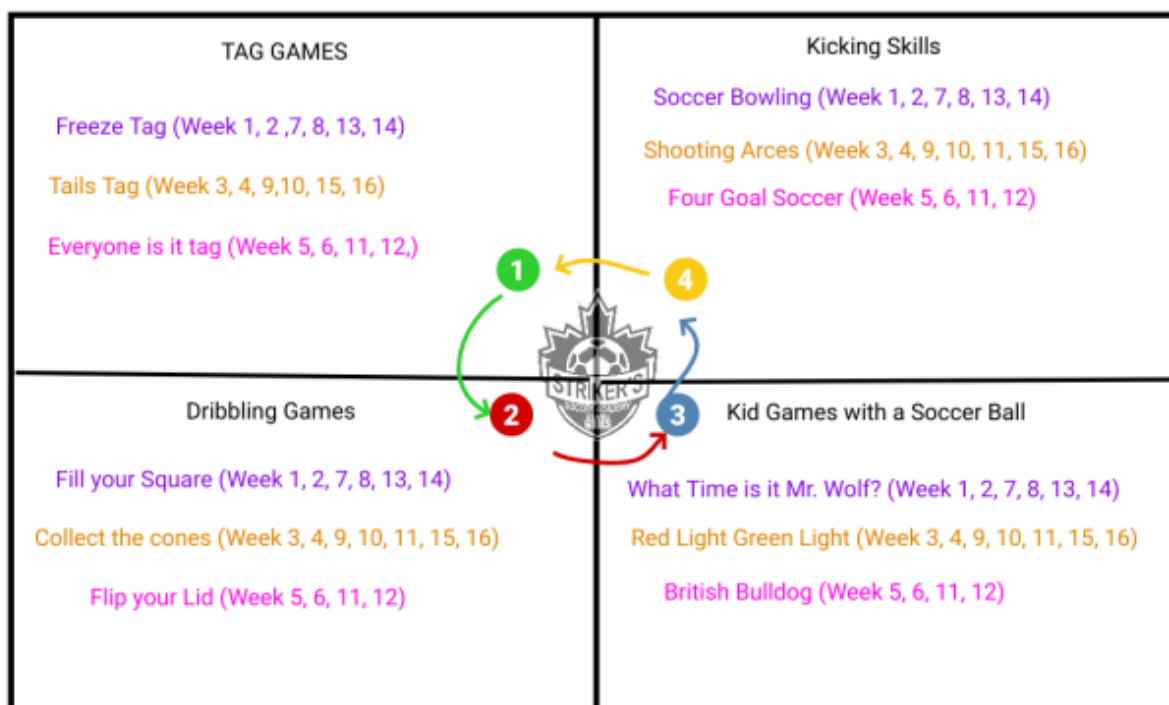


U5 Season Design: We have 4 teams that will rotate through four quadrants each week. Players will participate in the same activities two weeks in a row to allow for understanding and growth. Coaches will be responsible for setting up their quadrant and taking down the quadrant that they finish at.



TAG GAMES - are a great way for kids to run, turn, change directions and most importantly giggle.

Freeze Tag - when you are tagged the player has to freeze in spot until another player tags them to set them free. Change taggers often.

Tails Tag - use pinnies in the players shorts to look like a tail. When the tagger pulls a pinnie they drop in on the floor. A person without a tail can grow a new one by picking up someone else's lost tail. You can not pick up your own lost tail.

Everyone is it tag - as it sounds, everyone is it. When tagged players stand in spot until someone can free them like Freeze Tag

Dribbling Games

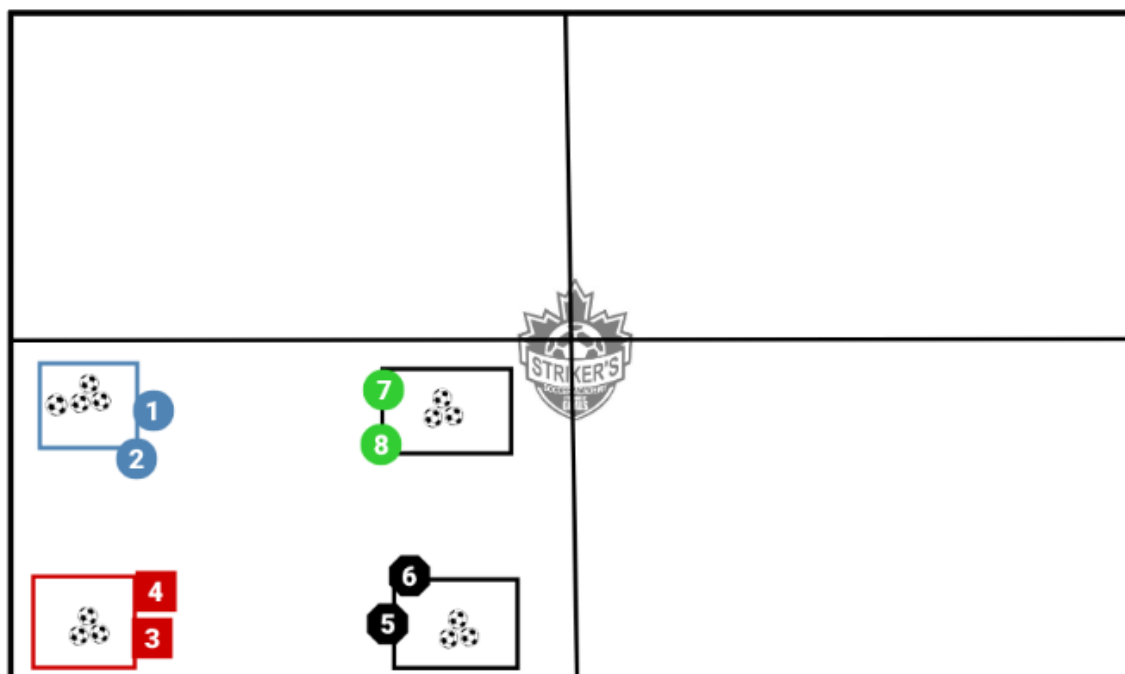
EMPTY AND FILL YOUR SQUARE



Players Required:

Balls Required: many

Goals Required:



Players run to each team's squares to take balls away from their opponents. There is no defending in this activity. Players retrieve the ball by putting their feet on top of the ball and pulling it back to run in the direction of their square. When they get their ball back to their own square they can go get another one. Ideally the players are able to stop the ball with their feet in their own square. Team with the most balls in their square wins. Make sure a player is only taking one ball at a time. Play for 1-2 minutes at a time then a rest.

You can have your parents help direct players to the different squares and have them assist the balls staying in their own square.

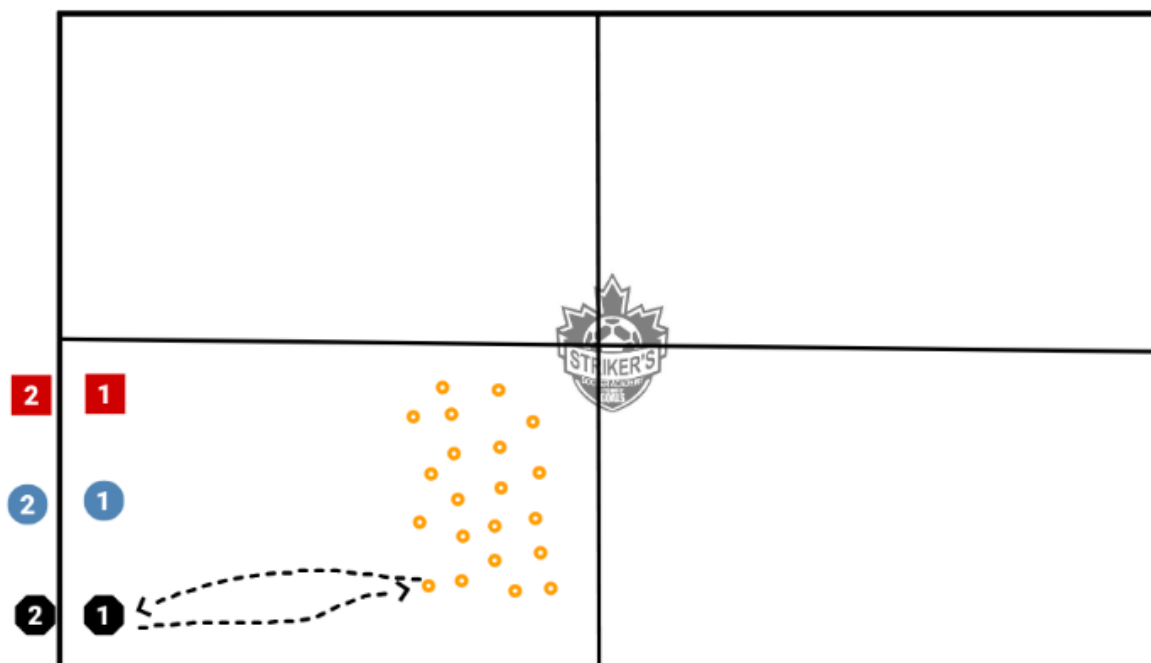
COLLECT THE CONES



Players Required:

Balls Required:4-8

Goals Required:



As it sounds, set up like a relay race. Players dribble their balls to a cone, stop the ball and pick up the cone, and dribble the ball with cone in hand back to their line. Next person goes when the first one is back.

You can do this without a ball first so players understand the job.

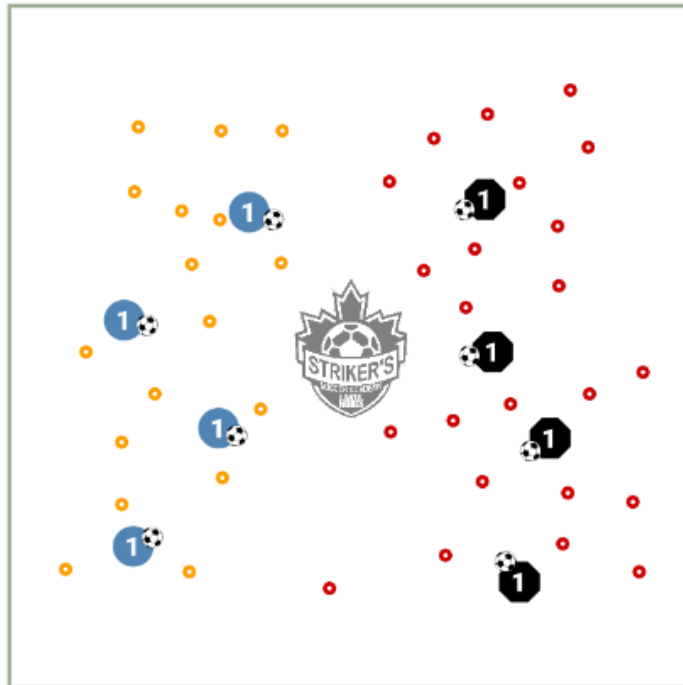
FLIP YOUR LID!



Players Required:4-10

Balls Required:1 per player

Goals Required:



Set out a bunch of cones of two different colours. Teams need to dribble around and flip over the oppositions teams cones and correct any cones of their own that were flipped over. If a team is able to get all the opposition cones flipped they win. Players must keep their ball with them dribbling at all times.

Kid Games with a Soccer Ball

Kids love playing running games. Play the following games but include a soccer ball. First try without a ball then incorporate a ball.

What Time is it Mr. Wolf
Red Light Green Light
British Bulldog

Kicking Skills

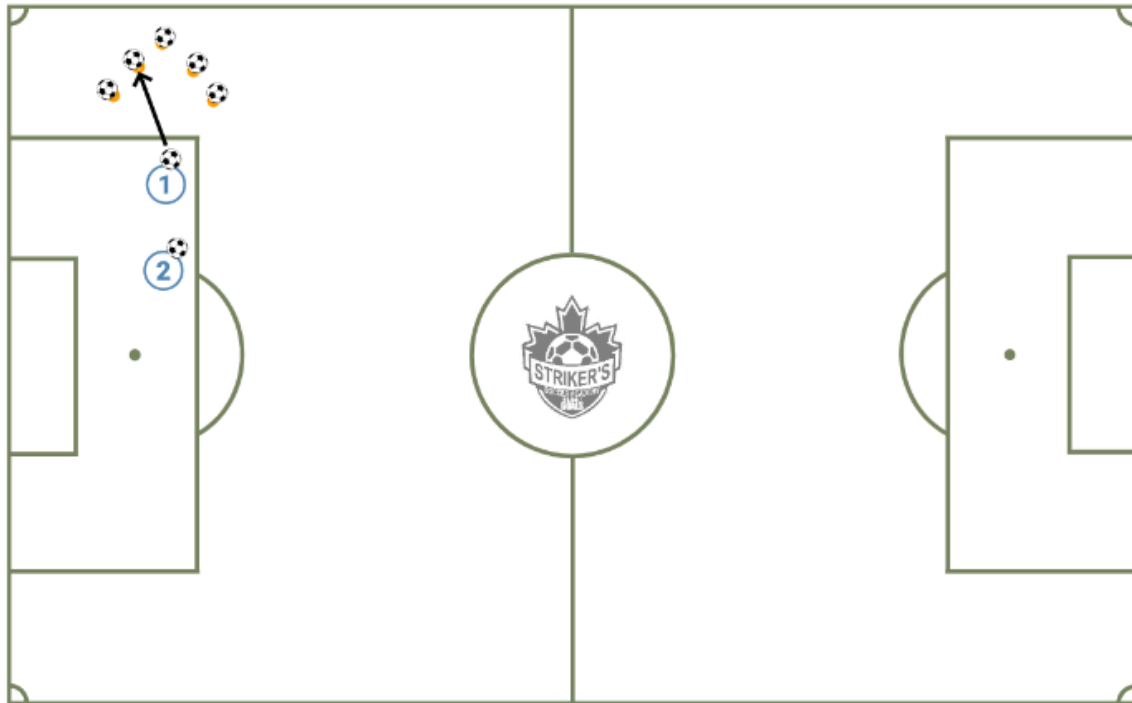
PASSING BOWLING



Players Required:2

Balls Required:5 + players

Goals Required:none



Passing bowling - just as it sounds. Teams of two compete with other teams of two to knock down their pins. In this case, balls on top of cones.

Focus on the fundamentals of passing:

knee up, ankle locked, hitting the ball with the inside of the foot.

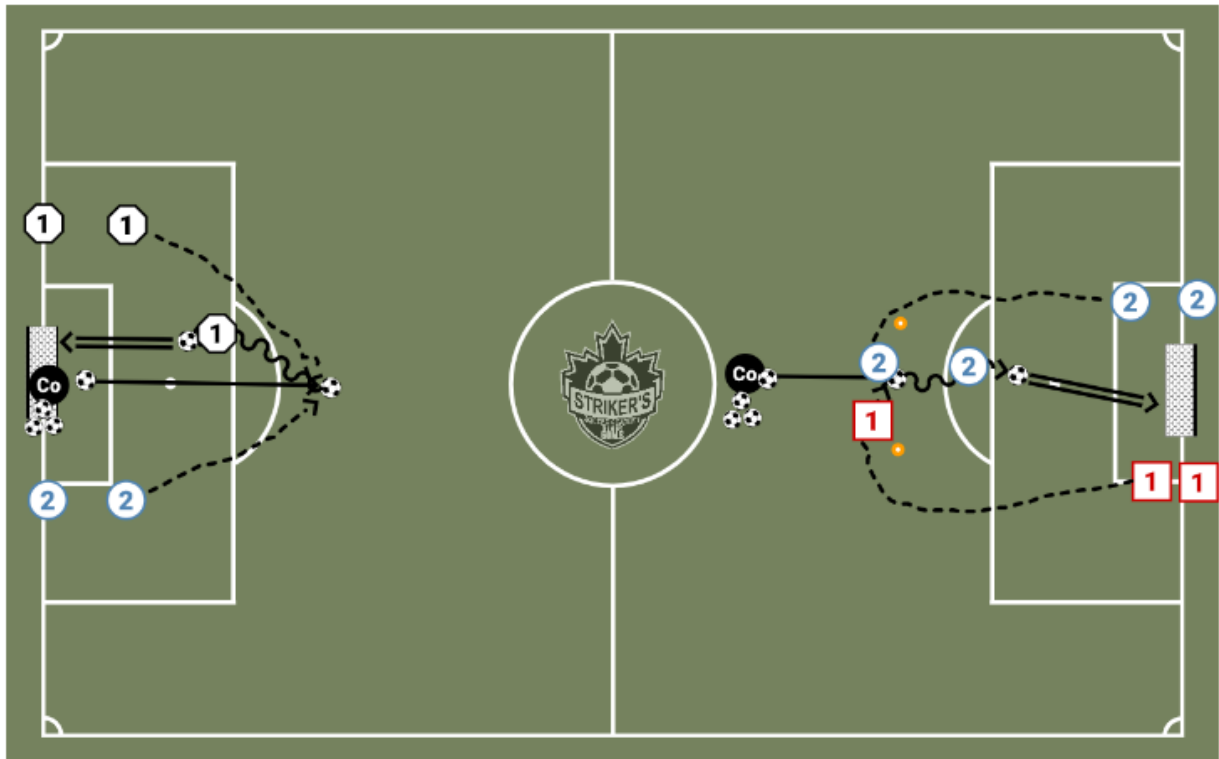
1 V 1 SHOOTING BATTLES



Players Required:8

Balls Required:many

Goals Required:1



Two variations of the same idea.

On the left, coach plays a ball from goal and two players battle to collect, then turn and dribble to shoot at goal.

On right, coach plays the ball towards goal as two players run around cones and battle for the ball towards goal.

Start with the variation on the right to see the abilities of players.