

Select a Date

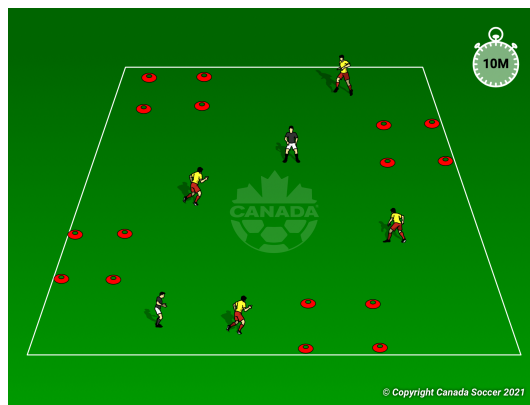
Coach

Age group:

U8s

U5 - Week 1 Session Plan - Ball Mastery & Physical Literacy

45 mins



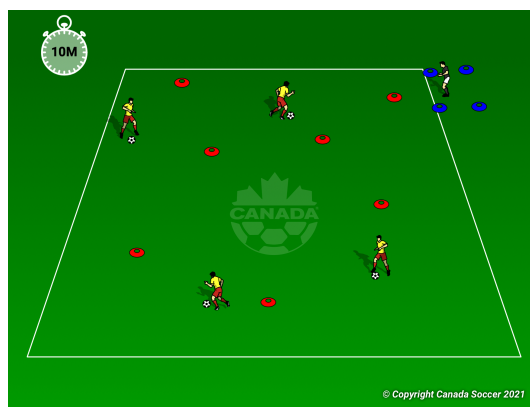
### WARM UP - Find an Empty Cage - 5/10 minutes

Organization: cones

Players move around the area pretending to be different animals, on the coaches call they must find an empty cage. Only one player per cage. Have players move around using different movements - hopping, skipping, bear crawl. After a few rounds coach can become a hunter or player - if they tag a player they become the animal and the player they tagged becomes the hunter

Facilitator Feedback:

Keep your head up - look for space - Ask the question "how can you make space to get away from hunter?"



### HABITS ACTIVITY #1 - Birds in a Tree - 10 minutes

Organization: cones, balls

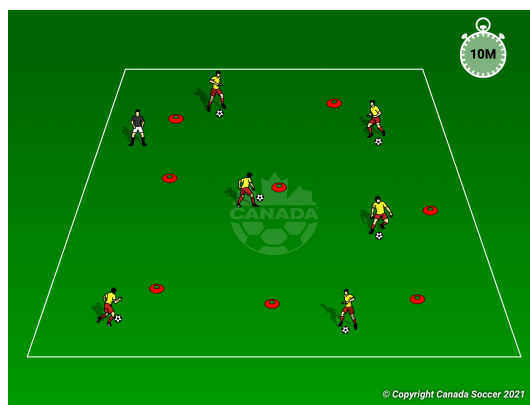
Set up a jungle of trees (cones) through out the space. Players are birds flying (dribbling) between the trees. Coach is a bird catcher in his tent. When the bird catcher enters the field the birds must fly to a tree and stop (placing foot on top of ball) before getting tagged. If they get tagged players must perform one of the following: toe taps, side rolls (using the sole of the foot, roll the ball from left foot to right foot), or sole roll (using the sole of the foot roll the ball forward and backwards) using right foot the left foot.

Facilitator Feedback:

Keep the ball close - Dribble away from pressure - Show me some skills - to beat the blues - "Ask Questions "How I can get past the bird catcher?"

Progression:

If they get tagged they become a bird catcher



### PHYSICAL LITERACY - Hungry Hippos - 10 Minutes

Organization: cones, balls

Players move around the swamp. Avoiding the cones (rocks in the water) and other swamp animals (other players) Coach or designated players are hippos poke tackle the other players' soccer balls. Players are allowed to retrieve their soccer balls and continue.

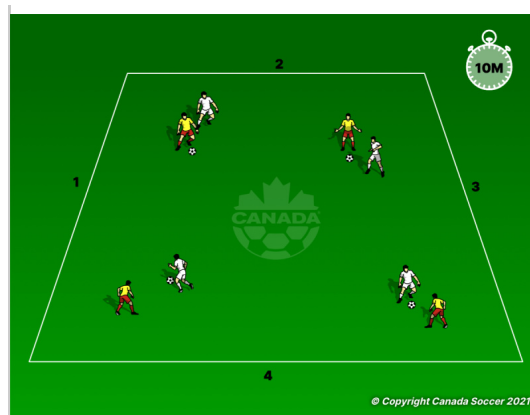
How many balls can the defenders touch in one minute? How many times can the other players avoid being eaten by the swamp.

Facilitator Feedback:

Keep your head up - Keep the ball close - Dribble away from pressure - Identify open space - Ask Questions "How can you protect the ball from hippos?"

Progression:

Players can dribble only a certain way - right foot only, left foot only,



### HABITS ACTIVITY #2 - Beat the Parents - 10 Minutes + Debrief

Organization: Parents, balls

\*\* instruct parents to keep mindful of others and try to keep social distant

1 v 1 Players versus parents play against each other in the space trying to dribble the ball and stopping it on one of the 4 outside lines. If they are able to dribble the ball and stop on the line they get a point.

Facilitators Feedback:

None - just let them play

Progressions:

When they stop the ball on the line, they can perform a pull back ( put foot on top of ball and roll ball behind and turn) and keep going