

Select a Date

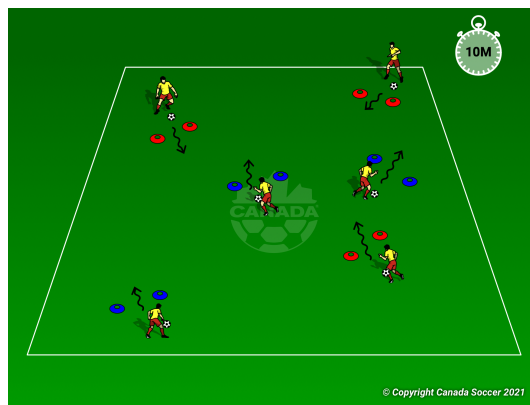
Coach

Age group:

U8s

U5 - Week 2 - Running with the Ball & Dribbling & Physical Literacy

45mins



WARM UP - Gates - 5/10 minutes

Groups of 10-12 Players

Organisation: Cones and 1 ball per player

Players dribble through as many gates as possible within set time (45"-60") Rule: Players cannot dribble through same gate twice in succession.

Facilitator Feedback:

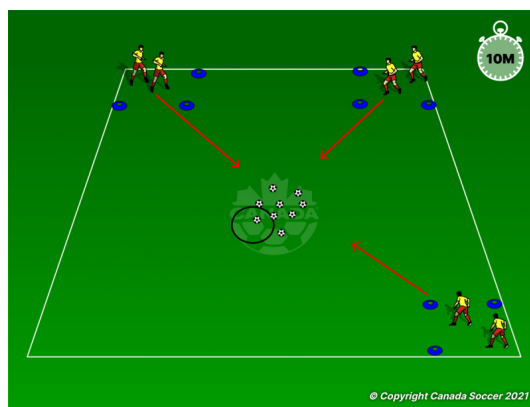
Keep your head up - Keep the ball close - Find the free gates - Find the open spaces - Ask Questions "How can you dribble through more gates?"

Progressions

Players turn after going through a gate

Coach Holds up cones (Red - Stop, Green Go, Yellow - Skill)

Blue gates count as double points



HABITS ACTIVITY #1 - Treasure Island - 10 Minutes

Organization: Balls and Cones

3 Groups of 2 players in each corner

12 balls in the middle

1 player from each group gets a ball from the middle & brings the treasure home

One back to their corner, their next teammate goes

Once all the balls are back, players can go and steal treasurer from other groups

Play 3-4 rounds of 2 mins each round

Facilitator Feedback:

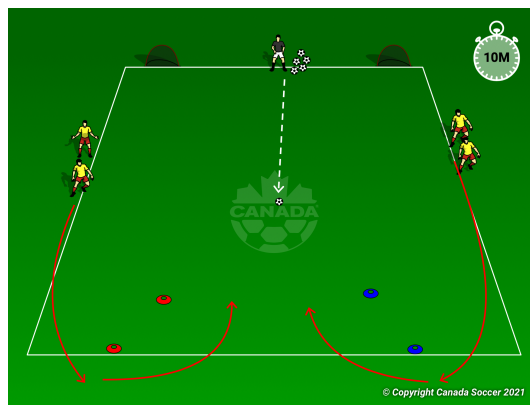
Keep the ball close - Dribble with speed & control - Cheer your teammate on! - Ask Questions: How can you dribble & maintain control of the ball ?

Progressions:

Can start with using hands (Hold ball on top of head, behind back, jump back to their corner while holding ball)

Dribble back to their corner (Specific Foot only, add skills)

Players can run steal ball from other teams corners and dribble back to there



PHYSICAL LITERACY - 1v1 Relay Races - 10 minutes

Organization: balls, cones and nets

2-4 players per side

1 Red & 1 Blue Player run around the top cone and then through the middle gate

Once the run is complete, the coach plays a ball in the middle & player in possession can score on either of the two goals

Facilitator Feedback:

Attack the open goal - Change Direction - Beat your opponent - Ask Questions: What skills can you use to beat your opponent ?

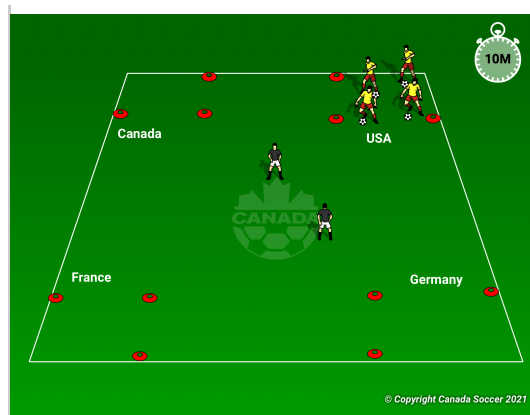
Progressions:

Change the Running Pattern

Players do a tumble or jumping action at the start

Players can dribble through the goal or shoot

Make it 2v2 (2 players from each group do the running path)



WARM UP- Around the World - 5/10 minutes

Groups of 10-12 Players

Organization: balls and cones

1 Ball per player

Players dribble to the "Country" (Box) that the coach calls out

2 Coaches (parents) can be inside the area to provide interference for players to manipulate around

Facilitator Feedback:

Keep your head up - Keep the ball close - Find the open spaces -

Evade the Defenders - Ask Questions: What part of the foot allows you to dribble, maintain control & speed with the ball ?

Progressions:

Can Start with no ball involved "Basic Running"

Add the ball as players travel to different countries

Inside a country, add ball skills (ie. Toe Taps)