

Select a Date

Coach

Age group:

U8s

U5- Week 2 - Day 2 - Running with Ball, Dribbling & Physical Literacy

45 Minutes



WARM UP - Truck and Trailer - 5/10 Minutes

Organization: Balls

Working in Pairs - one player is the truck and the other is the trailer. On coaches call the truck will move around the parking lot running with the ball, the trailer will try to follow as close as possible. After 1-2 minutes call switch and players switch roles.

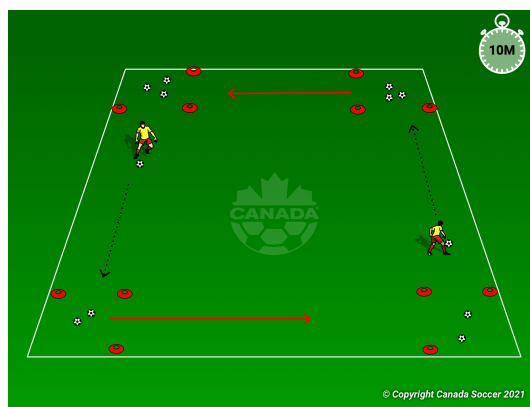
Facilitator Feedback

Keep your head up - keep your ball close to your feet - where is the space - can you loose the trailer - can you catch the truck - Ask the question "Where can we find space to not play bumper trucks?"

Progression:

On coaches command - speed up , turn, stop

Players can start with ball in hands, progress to dribbling



HABITS ACTIVITY #1 - Special Delivery - 10 Minutes

Organization: Cones and Balls

Each player starts with a ball and evenly spread out between the 4 corners. Put extra balls in corners.

On coaches call - use your feet to move your package (ball) to a corner box. Use the bottom of the foot to stop the ball. Leave that package and grab another one and deliver to next corner box.

Facilitator Feedback:

Dribble with speed - keep your head up - Ask question "Can you run with the ball and keep it controlled?"

Progression

On Coaches command - turn, stop

Visit as many corner boxes in 1 minutes

Add some "dogs" that block entry to a corner box and the players must dribble to an open corner box



PHYSICAL LITERACY - Freeze tag - 10 Minutes

Organization: one ball per player

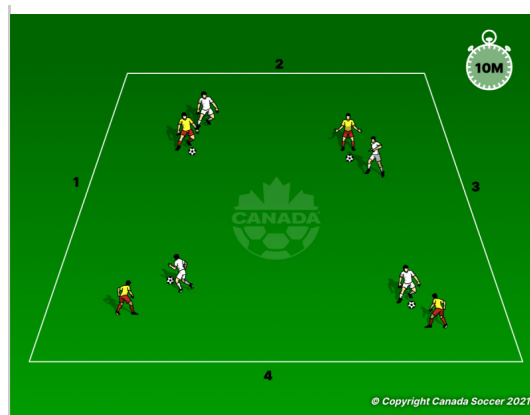
One player or coach starts as the tagger, another player starts with the ball.

On coaches call "Go!" - if you're "it", try to tag the other players by rolling a ball or throwing a disc. If you get tagged, you're frozen. You're back in the game when a teammate kicks a ball through your legs.

Facilitator Feedback -

Find space - keep head up - get away from the tagger - head up to catch the ball - talk to your teammates

Progression:



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