

## **U4/U5 House Curriculum Spring 2019**



**Week 1: Dribbling - Starting and Stopping**

**Week 2: Dribbling - Changing Direction**

**Week 3: Dribbling - Protecting the Ball**

**Week 4: Dribbling - Keeping the Ball**

**Week 5: Dribbling - Different Parts of the Foot**

**Week 6: Shooting - Parts of the Foot**

**Week 7: Shooting; 3v3 games**

**Week 8: Tournament Games**

Our main focus with this group is going to be to get as comfortable with the ball as possible, a key phrase we will use will be 'making friends with the ball'. This means that when challenged, the player will try to protect the ball rather than just kicking the ball away. The majority of our games will make sure that players get plenty of touches on the ball and can gain their confidence with the ball.

In addition to making friends with the ball, we will also have a large focus on the fundamental movement skills. These are the foundation for every sport. These are so important at this age group to help develop agility, balance and coordination. Even if the child does not go on to play soccer, developing these skills are important for encouraging an active, healthy lifestyle.

We would love for the parents to be involved in our practices. Kids love to show their parents what they can do and what they have learned and love to learn from their parents as well. Parents don't need a soccer background in order to be involved.

Players will not be on one team throughout the year and will be separated so they get the chance to play with as many different players as possible. We do this to impact the social aspect of soccer and to help the individual make friends and gain confidence in meeting new people.

Our sessions will be 45 minutes long, so we will not have too many changes of activity. We will be break it down into three 15 minute segments. This will give players plenty of opportunity to practice what they are being taught and maintain enjoyment levels throughout the whole session. We will also start to introduce the rules of soccer in the practices to help enhance the player's understanding of what they are actually doing.

We hope to achieve an active playing time of 31 minutes and 30 seconds (70% per session. This is a loose guide and can be adapted as needed.

## **Week 1: Dribbling - Starting and Stopping**



### **Segment 1: WITHOUT parents - “Chaos” (30x30 square)**

- Set up a square with one goal in the middle of each line
- Players must move around the square until the coach shouts “Score!”
- Upon hearing this, players try to score in the nearest goal
- The game restarts

Make sure players don’t bump into each other!

### **Segment 2: WITH parents - “You Can’t See Me”**

- Players stand on one line opposite their parent
- Parent turns around with their back to the player
- The player dribbles the ball with the aim of making it to their parent
- The parent will turn around at any point and try to catch their player moving
- If the player gets caught they return to the starting line
- If the player reaches their parent, they receive a point
- The player now has to race their parent back to the start line with the ball in their hands
- Repeat game

### **Segment 3: WITH parents - Obstacle Course**

- Players must take their ball with them wherever they go!
- There will be a number of obstacles set up: hurdles, poles, hoops, parents legs, etc. that the players will need to over, under, through or kick their ball through, dribble between or around.

## Week 2: Dribbling - Changing Direction



### Segment 1: WITH parents - "Man in the Mirror"

- Players pair up with their parents with one ball
- The player starts with the ball at their feet and has to follow their parent who is trying to run away from their player by changing direction and moving unpredictably
- The player gets a point if they can catch their parent
- We will switch after a few minutes and the player now tries to evade their parent (making sure not to bump into anyone else)
- Parent gets a point if they catch their player
- We will play 2 rounds each of this game

### Segment 2: WITHOUT parents - "Go Score"

- Each player has a ball
- The coach selects a goal and says "Go Score"
- The player must dribble the ball to the goal and score in it
- The coach now selects a different goal to Go Score in

### Segment 3: WITHOUT parents - "Simon Says"

- 1 ball per player
- All players dribbling around the play area
- One coach is 'Simon'
- Simon will call out a command, e.g. "Simon Says Stop!" or "Stop!"
- Players must only respond to the commands started with "Simon Says"

In this game we will be encouraging the players to use all parts of their foot or fun ones like punt the ball as far as you can.

Some actions may not include the ball, e.g. hop on one leg, bunny hop, stand on one leg, skip around the square, side step, gallop

## Week 3: Dribbling - Protecting the Ball



### Segment 1/2: WITHOUT parents - "Sharks and Minnows"

- A small portion of players (sharks) start around the outside of the ocean and swim around without a ball. The players who are inside the ocean (minnows) will have a ball and will be dribbling around the ocean.
- When the coach shouts "Dinner Time!", the sharks will enter the ocean and try to kick the minnows' balls out of the ocean
- When a minnow loses their ball, they will die dramatically
- The game ends when all the minnows have been eaten
- The game will restart with different sharks

### Segment 2/3: WITH parents - "Bank Robbers"

- Players pair up with their parents. Parents will be the cops.
- The balls will start in the bank (a large circle of cones)
- The player must go into the bank and steal some gold (a ball)
- Once they have their gold, they need to take it back to their hideout (a goal net) by stopping the police (their parent) take the gold away from them
- If a robber is caught, they must hop/jump/other form of movement back to their hideout before they can try again
- There will be multiple teams of robbers and whoever has the most gold at the end is the winner

## **Week 4: Dribbling - Keeping the Ball**



### **Segment 1: WITH parents - "Monster Invasion"**

- Every player has a ball
- There are some parents/coach who are the 'Monsters' (Drag a leg like Frankenstein, make noises etc.)
- Players must run away with the ball and stay inside the play area

Monsters aren't actively trying to catch anyone but just making the player run away

### **Segment 2: WITHOUT parents - 2v2 Game**

- Combine with another pair to make a group of 4 (two teams of two)
- Play a 2v2 game
- Change opponent every 3 minutes

### **Segment 3: WITH parents - Foxes and Chickens**

- Parent leaves a pinnie hanging out of their shorts like a tail. These are the chickens' tails
- Players will each have a ball and will dribble with it to try and catch the chickens and take the pinnie (eat the chicken)
- The game continues until all the chickens have been eaten

## Week 5: Dribbling - Different Parts of the Foot



### Segment 1: WITHOUT parents - “Simon Says”

- 1 ball per player
- All players dribbling around the play area
- One coach is ‘Simon’
- Simon will call out a command, e.g. “Simon Says Stop!” or “Stop!”
- Players must only respond to the commands started with “Simon Says”

In this game we will be encouraging the players to use all parts of their foot or fun ones like punt the ball as far as you can.

Some actions may not include the ball, e.g. hop on one leg, bunny hop, stand on one leg, skip around the square, side step, gallop

### Segment 2: WITHOUT parents - 1v1 Games

- Players pair up and play a 1v1 game to stop the ball on the line or kick through a set of cones

### Segment 3: WITH parents - “Tunnel Ball”

- Parents and players team up to make a line
- Players will roll the ball behind them to their parent
- The parent will then pass the ball with their hands to the player behind them
- Once the action has been performed, the player or parent runs to the back of the line
- The game ends once one whole team has all crossed the finish line and sat down

## **Week 6: Shooting - Parts of the Foot**



### **Segment 1: WITH parents - Shooting Practice**

- Ball is passed by parent to the player
- Player dribbles the ball forward and shoots on the empty goal
- Next player now takes their turn

There will be a demonstration of correct shooting technique beforehand

“Oh no, my big toe” so player’s don’t kick with toes

### **Segment 2: WITH parents - Attacker v Goalie**

- Players will have the ball and must try to shoot and score on their parent who is playing as the goalie

### **Segment 3: WITHOUT parents - “Go Score”**

- Each player has a ball
- The coach selects a goal and says “Go Score”
- The player must dribble the ball to the goal and score in it
- The coach now selects a different goal to Go Score in



## **Week 7: Shooting; 3v3 games**



### **Segment 1: WITH parents - "Hit the Parent/Coach"**

- Players each have a ball and must try to kick their ball to hit their parent or coach
- After hitting the target 3/4/5 times, the player chooses an animal for the parent/coach to imitate
- Can change who is getting hit and making the animal sounds
- After the target number of hits, everyone has to make the sound (alternative)

### **Segment 2: WITHOUT parents - "Robin Hood"**

- Working as a team, players must retrieve a ball from the middle and shoot the ball into the goal
- The team with the most balls in their net at the end is the winner
- Then race to see who can get all the balls back quickest
- Play again

### **Segment 3: WITHOUT parents - 3v3 Games**

- Three players per team and just play a soccer game

## Week 8: Tournament Games



**Segment 1: WITHOUT parents - 3v3 Games**

**Segment 2: WITHOUT parents - 3v3 Games**

**Segment 3: WITHOUT parents - 3v3 Games**

- Each field will have slightly different rules and goal positioning
- Be creative as coaches to decide how to set up each field.
  - They may be weird shapes (circle, L shaped, diamond, square, rectangle, triangle, etc.)
  - The goals may be positioned differently (back to back in the middle of the pitch, in corners of the pitch, no goals - stop on line or pass into end zone or dribble through a gate, offset in the middle of the field, offset on ends of the field, hockey style with some space behind, etc.)
  - Any other rules that are very simple and easy for the kids to police themselves
- No coaching during this session. This is play time.
- Time each game, ask players to keep their own scores (don't record them), players are their own referees (for fouls, throw ins, corners, goal kicks etc.)
- Be within touching distance in case there are any injuries
- Explain each game, sort them into teams (maybe even ask them to make their own teams) and let them play like they would in the playground