



Age	U4
Season & Session	Fall - Number 1
Topic	Body Mechanics and Dribbling

Activity Description	Diagram	Coaching Points
<p>Activity: Chain Gang</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Coach is 'IT'. Players start the game by moving around the area with no ball. 'IT' tries to tag players. If 'IT' tags a player, that player joins hands with 'IT' to form a chain. Continue until only one-player remains. 		<ul style="list-style-type: none"> How do you know where the tagging player is? By dribbling with our head up. How do you avoid being tagged? By dribbling away from the tagger. What speed should we dribble? Game speed.
<p>Activity: Freeze Soccer</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Same as above with a difference. Players start the game with soccer balls. Coach is 'IT' and is trying to tag players. If players are tagged they must sit on their soccer ball. Players can be freed by being tagged by a teammate. 		<ul style="list-style-type: none"> Big touches or little touches on the ball? Little. How do you move quickly with the soccer ball? By dribbling with our laces. How do you know where the 'IT' player is? By dribbling with our heads up.
<p>Activity: British Bulldog</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Place players on one end line with soccer balls. The coach starts in the center as the dogcatcher. When the coach shouts "ARE WE READY" the players on the end line shout "WOOF, WOOF" and go. Players are trying to get across the field to the opposite side without being tagged. When a player is tagged they become a dogcatcher as well. Continue until one player remains. Progression: Each player except the catcher has a ball. When a player's ball is kicked out they become a dogcatcher. 		<ul style="list-style-type: none"> How do you know where the dogcatcher is? By dribbling with your head up. How do you dribble past the dogcatcher? By changing direction. Big touches or little touches? Big touches past the dogcatcher.
<p>Activity: Treasure island</p> <ul style="list-style-type: none"> Area: 20 x 20 with cones randomly spread around the area. Activity: place players on one end line. Players must try to dribble through the area without touching the cones. If a player touches a cone they must wear it for the rest of the game. Play for 2 minutes. Player with the least amount of cones wins. 		<ul style="list-style-type: none"> How do you avoid the cones? By changing direction with the ball. Big touches or little touches on the soccer ball? Little touches around the cones. How do you see the cones while dribbling the soccer ball? By dribbling with your heads up.