



Age	U4
Season & Session	Fall – Number 2
Topic	Body Mechanics and Dribbling

Activity Description	Diagram	Coaching Points
<p>Activity: Tag</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: players start the game by running around the area changing direction. Coach is 'IT' and is trying to tag the players as they run around the area. If a player is tagged they grab a vest and help the coach tag the rest of the players. Continue until one player remains. 		<ul style="list-style-type: none"> How do you know where the coach is? By looking around while running. How do you avoid being tagged? By changing direction and avoiding the tagger.
<p>Activity: I can do this, can you?</p> <ul style="list-style-type: none"> Area; 20 x 20. Activity: players spread out inside the grid and wait for the coaches challenge: Balance on one leg. Skip, Hop, jump. Throw a ball in the air and catch it. Bounce the ball and catch it. Throw the ball, clap and catch it. Throw the ball, spin and catch it. Juggle once on the thigh, foot, etc. Come up with more challenges as a coach. Progression: Have players come up with their own challenges. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Interactive Dribbling</p> <ul style="list-style-type: none"> Area: 20 x 20 with gates. Activity: <ol style="list-style-type: none"> Players start by dribbling around the area. Players dribble through as many gates as possible in 1 minute. Players are trying to avoid the coach who is trying to steal their soccer balls. 		<ul style="list-style-type: none"> How do you know where the gates are in the area? By dribbling with your head up. How do you dribble past the coach? By changing direction and speed. Big touches or little touches through the gates? Little touches.
<p>Activity: Don't Lose Your Hat</p> <ul style="list-style-type: none"> Area: Place two cones about 15 yards apart. Activity; Split players into groups on 2 or 3. <ol style="list-style-type: none"> Walk around the cone while balancing a cone on your head. Run around the cone as fast as you can. Dribbling around the cone. 		<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 head up.