



Age	U4
Season & Session	Fall – Number 3
Topic	Body Mechanics and Dribbling

Activity Description	Diagram	Coaching Points
<p>Activity: Treasure Hunt</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner. When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Sleeping Lions</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players are spread around the area with their soccer balls. When the coach shouts “SLEEP” players have to lie down with their soccer ball and pretend to sleep. When the coach makes an alarm noise, the players must wake up and try to catch the coach by dribbling and tagging him / her. 		<ul style="list-style-type: none"> How do we know where the coach is when we wake up? Look around. How do we know where the coach is when we are dribbling? Dribbling with our heads up.
<p>Activity: Mr. Freeze</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Place players on one side of the grid without soccer balls and the coach on the opposite side with all the soccer balls. Objective of the game is for players to retrieve their soccer balls, HOWEVER they can only move when the coach has his / his back turned. When the coach faces the players must freeze. If a player does not freeze they are sent back to the start!! 		<ul style="list-style-type: none"> How do we know where the coach is when we are trying to retrieve a soccer ball? Look around. When we retrieve our ball how quickly should we dribble? Game speed. Big touches or little touches when we are dribbling quickly? Big touches.
<p>Activity: Soda Fountain</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Name all four sides of the grid as shown. When the coach shouts the name of a drink, all the players must go to that side. Other commands include: MILK SHAKE: Players do a forward role. JUICE BOX: Players hop on one leg. Invent new commands. Progression: Each players has a ball. 		<ul style="list-style-type: none"> How do you avoid the cones? By changing direction with the ball. Big touches or little touches around the cones? Little touches. How do we know where the cones are when we are dribbling? Dribble with our heads up.