



Age	U4
Season & Session	Fall – Number 4
Topic	Body Mechanics and Dribbling

Activity Description	Diagram	Coaching Points
<p>Activity: hide and seek</p> <ul style="list-style-type: none"> Area: 20 x 20 with cones randomly spread around the area. Activity: players follow the coach as he / she moves around the area. When the coach shouts “its time to catch a munchkin” the players try to get to a cone before the coach can tag them. Remove cones randomly to make the game harder. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Freedom to move</p> <ul style="list-style-type: none"> Area: same as above. Activity: Players try to avoid cones when running around the area. Players stop at a cone and then jump over the cones. Players hop over the cones. Players have a cone each, throw it in the air and try to catch it. Create different things for the players to do. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Colors</p> <ul style="list-style-type: none"> Area: 20 x 20 with a box in each corner. Give each box a color name. Activity: Each player dribbles around the area freely. When the coach shouts a color every player must dribble and stop the ball in that box. Progression: Name multiple colors to try and catch players out. 		<ul style="list-style-type: none"> How do you know where the boxes are while dribbling? Dribble with your head up. How do you get the box as quickly as possible? Dribble at game speed.
<p>Activity: Relay Racing</p> <ul style="list-style-type: none"> Area: 20 x 20 with cones set up as shown. Activity: Split players into three groups and place a group behind each set of cones. <ol style="list-style-type: none"> Run through the circuit and back to your teammates. Dribble through the circuit and back. 		<ul style="list-style-type: none"> How do you avoid the cones? By changing direction. Big touches or little touches around the cones? Little touches. How do you know where the cones are when dribbling? Dribble with your head up.