



Age	U4
Season & Session	Fall – Number 5
Topic	Body Mechanics, Dribbling and Striking the Ball

Activity Description	Diagram	Coaching Points
<p>Activity: Follow the leader</p> <ul style="list-style-type: none"> Area: 20 x 20 Activity: Start without the ball. Players follow the leader and complete the actions of the coach. For example; Hop, Skip, Jump, Role, Side to Side, Dribble etc 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Chain Tag</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players dribble around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains. 		<ul style="list-style-type: none"> When dribbling in and out of the cones should you take big touches or little touches? Little. What is the easiest way to stop the ball? With the sole of the foot. How do we know where the coach is when dribbling? Keep our heads up. How do we get away from the monster trucks? Turn and dribble away.
<p>Activity: King and the castle</p> <ul style="list-style-type: none"> Area: 20 x 20 with a 5 x 5 area inside. Activity: The coach acts as the king and is trying to protect the castle. Each player is given 3 cones. Their job is to take them to the castle. Game is over when a player completes their task. If the coach tags a player they must do a fun punishment before continuing. For example; frog jumps, Austrian push ups, etc. 		<ul style="list-style-type: none"> All Above.
<p>Activity: Multi goal game</p> <ul style="list-style-type: none"> Area: 20 x 20 with four goals. Activity: players dribble around the area freely. When the coach shouts “SHOOT” players dribble to the goal that the coach is standing in and try to score. Players are trying to score 11 goals in three attempts. 		<ul style="list-style-type: none"> Big touches or little touches on the soccer ball? Little touches around the area. Do we want to shoot at the coach or into the corners? Into the corners.