



Age	U4
Season & Session	Fall – Number 6
Topic	Body Mechanics, Dribbling and Striking the Ball

Activity Description	Diagram	Coaching Points
<p>Activity: Coaches Challenge</p> <ul style="list-style-type: none"> Area: Free Space. Activity: Each player has a ball and hands it to the coach, one by one. The coach throws the ball and gives players direction; carry with hands, bounce, hop with ball, jump like a rabbit, etc. Progression: Ask players to come up with an idea of how to bring the ball back. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: Pinball Wizard</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players dribble around the area freely, when the coach shouts “PINBALL”, players try to hit the coach below the knee by kicking the ball. Progression: Coach vs. Players – two minute game. Players must get 11 points or the coach wins. 		<ul style="list-style-type: none"> How do we know where the coach is when we are dribbling? Head up when dribbling. Do we want to shoot the ball at the coach from far away or dribble and get close before shooting? Dribble close and shoot.
<p>Activity: Treasure Hunt</p> <ul style="list-style-type: none"> Area: 20 x 20 w/two 5 yards n-zones. Place an obstacle course as show behind one goal. Activity: Players are placed in one n-zone and the treasure (bags, cones, vests, etc) is placed in the other. The coach is the pirate and is protecting the treasure. Players must try to get past the pirate retrieve one piece of treasure and return it to their n-zone. If a player is tagged they must complete the obstacle course and start again. Continue until no treasure remains. Progression: Players dribble while completing the activity. 		<ul style="list-style-type: none"> How do we know where the PIRATE is? Head up when dribbling. Big touches or little touches when dribbling around the PIRATE? Little to keep the ball under control.
<p>Activity: Treasure Hunt to goal</p> <ul style="list-style-type: none"> Area: same as above but replace one n-zone with a goal. Activity: Players are placed in one n-zone with the goal opposite. Players are asked to score against the pirate. Team is trying to get to 11 points. If the coach saves a ball, that player must complete the obstacle course before reentering the game. 		<ul style="list-style-type: none"> All Above. How should we shoot the ball? By striking the ball with our laces. Should we shoot at the PIRATE or into the corner? Into the corner.