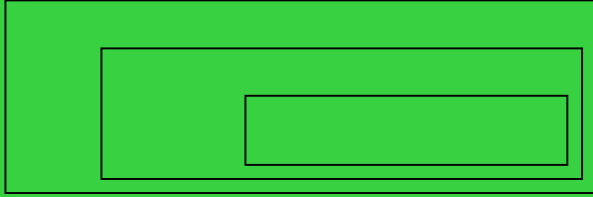
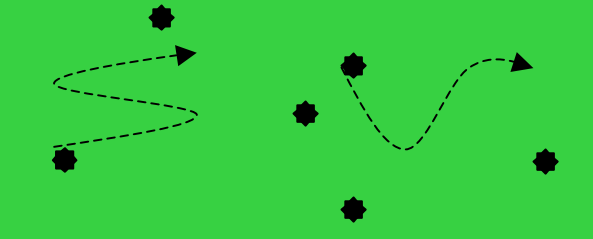
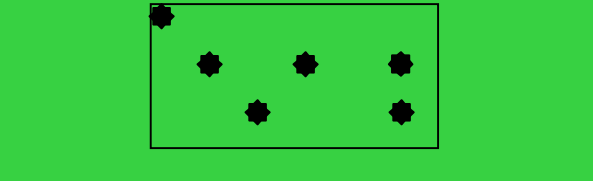
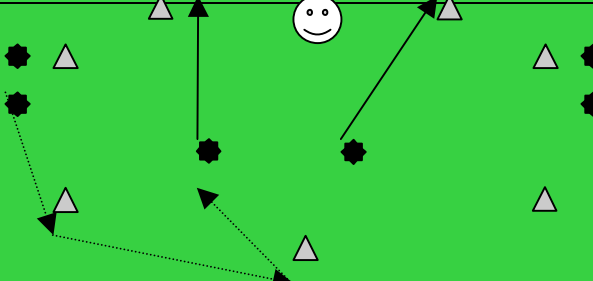


Age	U5
Season & Session	Fall – Number 1
Topic	Dribbling, Stopping and Shooting

Activity Description	Diagram	Coaching Points
<p>Activity: Shake and Bake</p> <ul style="list-style-type: none"> Area: 15 x 15, 10 x 10 & 5 x 5. Activity: 5 x 5 with no ball. Players must run inside the area w/out touching the other players. If they do give a fun punishment. 10 x 10 with no ball. Ask players to go faster. Same rules. 15 x 15 introduces the ball. Same rules. 		<ul style="list-style-type: none"> How do we move and change direction while keeping balanced? Small steps with knees bent. How do you know where the other players are? Head Up. What's the easiest way to stop the soccer ball? Sole of foot.
<p>Activity: Old MacDonald</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players dribble around the area and listen for the coaches commands: CHICKEN – Sit on the ball. PIG – Push the ball around with nose. FROG – Place ball between legs and jump up and down. KANGAROO – Put ball up shirt and jump around. 		<ul style="list-style-type: none"> Have some fun.
<p>Activity: In and Out</p> <ul style="list-style-type: none"> Area: 20 x 20 with 10 x 10 inside. Activity: Place players with soccer balls inside the 10 x 10 area. Players start to dribble inside the area. When coach shouts "OUT" players dribble outside the area as quickly as possible. Visa Versa when the coach shouts "IN". When coach shouts "SHAKE IT" players pick up their soccer balls, throw them in the air and retrieve. 		<ul style="list-style-type: none"> What's the quickest way to get out of the area? Take big touches when dribbling.
<p>Activity: MLS Shootout</p> <ul style="list-style-type: none"> Area: 20 x 15 with a large goal. Activity: Place players into two groups and place one group on each corner cone as shown. When the coach shouts 'GO' the first player from each line runs around the area, in through the gate and shoots a ball on goal. Progression: Have players dribble around and into the grid, then shoot. 		<ul style="list-style-type: none"> What surface should we shoot with? Laces. Where should we shoot? Into the corners.