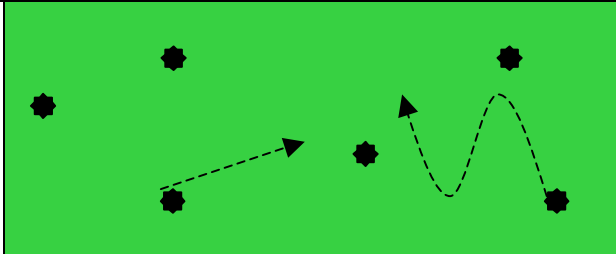
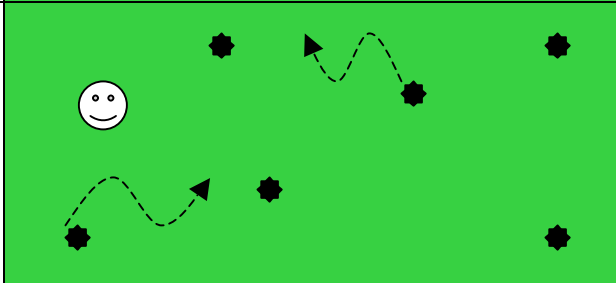
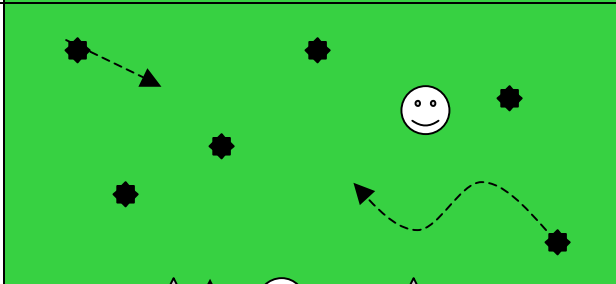
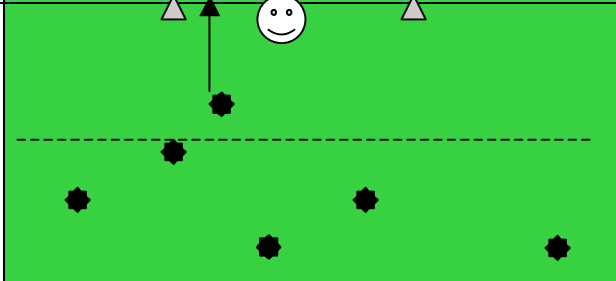


Age	U5
Season & Session	Fall – Number 2
Topic	Dribbling, Stopping and Shooting

Activity Description	Diagram	Coaching Points
<p>Activity: Everybody's IT</p> <ul style="list-style-type: none"> Area: 20 x 20. Rules: Start with no soccer ball. Each player is 'IT' and is trying to tag other players below the knee. Play the game for 2 minutes. See who the 'winner' is. ASK EACH PLAYER THERE SCORE. Play a few games. 		<ul style="list-style-type: none"> What is surface do we use to dribble in a straight line? Laces. How do you know where the players are? Head Up. How do we change direction? Use inside and sole of foot.
<p>Activity: Tigers in the jungle</p> <ul style="list-style-type: none"> Area: 20 x 20. Rules: Each player chooses a jungle animal & makes the sound of the animal. Tigers are not allowed. The tiger's job is to steal a players soccer balls and kick it out of the area! When a player retrieves their ball they stand inside the area with their legs open & soccer ball above their heads. Players are released when a teammate crawls through their legs. 		<ul style="list-style-type: none"> How do we move and change direction to follow the coach, while keeping balanced? Small steps with knees bent. How do you know where the coach is? Head Up. What's the easiest way to stop the soccer ball? Sole of foot.
<p>Activity: Tunnel Soccer</p> <ul style="list-style-type: none"> Area: 20 x 20. Rules: Players dribble around the area freely. The coach has no ball but moves around the field with the players. While moving around the field, from time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him / her and try to shoot through the tunnel whenever he stops. After three shots, the coach moves on again. Who can score the most goals? 		<ul style="list-style-type: none"> How do we move and change direction to follow the coach, while keeping balanced? Small steps with knees bent. How do you know where the coach is? Head Up. What's the easiest way to stop the soccer ball? Sole of foot.
<p>Activity: Numbers Shooting</p> <ul style="list-style-type: none"> Area: 20 x 30 with a large goal and separating line 10 yards from goal. Activity: Number players 1 to 6. Coach is the GK, when he shouts a number that player dribbles past the separating line and shoots. Continue. 		<ul style="list-style-type: none"> What surface should we shoot with? Laces. Where should we shoot? Corners.