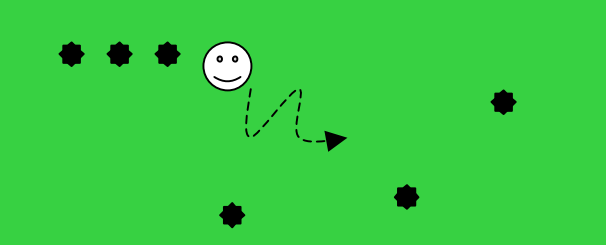
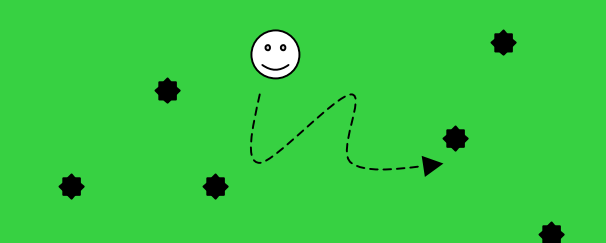
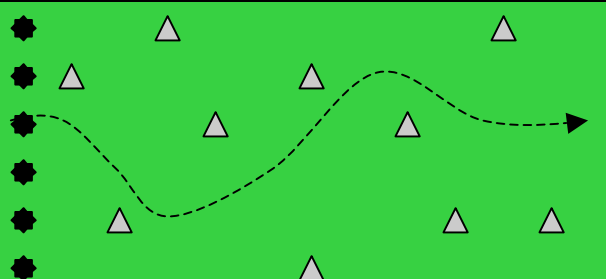
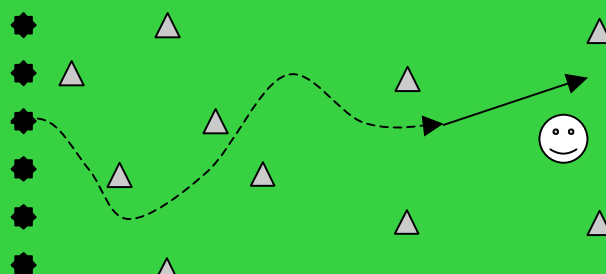


<b>Age</b>	U5
<b>Season &amp; Session</b>	Fall – Number 3
<b>Topic</b>	Dribbling, Stopping the Ball and Shooting

Activity Description	Diagram	Coaching Points
<p><b>Activity: Tag</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20.</li> <li>Activity: 1 player is 'IT'. Players start by moving around the area (NO BALL). 'IT' tries to tag them. If 'IT' tags a player, that player joins hands with 'IT' to form a chain. They continue until all players are in the chain.</li> </ul>		<ul style="list-style-type: none"> <li>How do you avoid being tagged? <b>By changing direction quickly.</b></li> </ul>
<p><b>Activity: Freeze Soccer</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20.</li> <li>Activity: Same as above BUT this time give soccer balls to every player but the 'IT' player. 'IT' is trying to tag the other players. If a player is tagged they must sit on their soccer ball. They can only be freed by a teammate tagging them.</li> </ul>		<ul style="list-style-type: none"> <li>Big touches or little touches on the ball? <b>Little touches.</b></li> <li>How do you know where the 'IT' player is? <b>By dribbling with our head up.</b></li> </ul>
<p><b>Activity: Treasure Island</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 20 with cones randomly spaced around the area.</li> <li>Activity: Place players on one end line. Players must try to dribble through the area without touching a cone. If a player touches a cone they must wear it for the rest of the game. Play for 2 minutes. Player with least amount of cones wins.</li> </ul>		<ul style="list-style-type: none"> <li>How do you avoid the cones? <b>By taking little touches.</b></li> <li>How do you see the cones while dribbling the soccer ball? <b>By dribbling with our heads up.</b></li> </ul>
<p><b>Activity: Treasure Island Shooting</b></p> <ul style="list-style-type: none"> <li>Area: Same as above with a large goal at one end.</li> <li>Activity: Same as above but when players get to the end they try and shoot past the GK. Repeat.</li> </ul>		<ul style="list-style-type: none"> <li>All Above.</li> <li>How should we strike the ball? <b>With our laces.</b></li> <li>Where should we shoot? <b>Into the corners away from the GK.</b></li> </ul>