



Age	U5
Season & Session	Fall – Number 5
Topic	Dribbling, Stopping, Turning (DRAG BACK) and Shooting

Activity Description	Diagram	Coaching Points
<p>Activity: Find the Coach</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, “find the coach” the children open their eyes and dribble to tag the coach. The coach stands still. Progression: coach moves while players dribble to tag him/her. 		<ul style="list-style-type: none"> Quickly identify where the coach is. How do you dribble quickly? By getting the ball out of your feet. How do you change direction while chasing the coach? By using the inside and outside of the foot. How can you see where the coach is moving while dribbling? By dribbling with head up.
<p>Activity: Hospital Tag</p> <ul style="list-style-type: none"> Area: 20 x 20 w/a 5 yard hospital. Activity: Same as everyone’s it! BUT this time when a player is tagged they must hold that spot. Obviously when tagged for a 3rd time the player has no hands left. When this happens they must go to the hospital and do a fun punishment before joining back in. 		<ul style="list-style-type: none"> All Above.
<p>Activity: Modified Red Light, Green Light</p> <ul style="list-style-type: none"> Area: 2 lines 20 – 30 yards apart. Activity: Place players on one end line except for the player that is ‘IT’ (coach to start), who is facing away from their teammates. When ‘IT’ shouts ‘green light’ players start to dribble. When ‘IT’ says ‘red light’ players stop by putting their foot on the ball before ‘IT’ turns around. Anyone caught must start again. First player across the end line becomes ‘IT’. 		<ul style="list-style-type: none"> Do we want to keep the ball close or far away when dribbling? Close How can we see the ‘IT’ player when dribbling? By dribbling with our heads up. What’s the easiest way to stop the ball? Using the sole of the foot. What is the easiest way to changing direction? Drag Back – Place the sole of the foot on the soccer ball, role the ball behind you and turn.
<p>Activity: Shooting in Red Light, Green Light</p> <ul style="list-style-type: none"> Area: Same as above with a goal at one end. Activity: Same as above. This time ‘IT’ stands in goal. When the players get close enough they should try to shoot in the goal. Repeat. 		<ul style="list-style-type: none"> All Above. How should we shoot the ball? With out laces. Where should we shoot the ball? Into the corners.