



Age	U5
Season & Session	Fall – Number 6
Topic	Dribbling, Stopping, Turning (DRAG BACK) and Shooting.

Activity Description	Diagram	Coaching Points
<p>Activity: Foxes & Rabbits</p> <ul style="list-style-type: none"> Area: 20 x 20 Activity: Each player has a bib (no ball to start) and tucks it into their shorts. Coach is it! Once a player's bib has been taken they help the coach catch the other players. 		<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. How do we change direction of the ball? Using Inside, Outside and Sole of the Foot.
<p>Activity: Red Light, Green Light</p> <ul style="list-style-type: none"> Area: 20 x 20 Activity: Each player has a ball. Commands: Red Light – STOP Green Light – GO Yellow Light – Toe Taps Crash – Players fall to ground and act injured. Monster Truck – Coach is a def. & tries to touch a player's ball. 		<ul style="list-style-type: none"> How do you know where the other players are? Head Up. How do we change direction of the ball? Using Inside, Outside and Sole of the Foot. What's the quickest way to stop the ball? With Sole of the Foot. How do we get away from the Monster Truck? By turning and dribbling away. DRAG BACK – Place sole of the foot on the ball, roll the ball back and turn.
<p>Activity: Freeze Tag</p> <ul style="list-style-type: none"> Area: 20 x 20 Activity: Start without ball. Coach is it. Upon being tagged by the coach a player must freeze! Players can only be freed by a teammate crawling through their legs. Progression: once players are used to activity add a ball. Players are freed by being tagged by teammate. 		<ul style="list-style-type: none"> How do you know where the coach is? Head Up. How do we avoid the coach? By turning and dribbling away from them. How do we change direction of the ball? Using Inside, Outside and Sole of the Foot. Should we take big touches or little touches when we are dribbling? Little.
<p>Activity: Multi goal game</p> <ul style="list-style-type: none"> Area: 20 x 20 with four goals. Activity: players dribble around the area freely. When the coach shouts "SHOOT" players dribble to the goal that the coach is standing in and try to score. Players are trying to score 11 goals in three attempts. 		<ul style="list-style-type: none"> Big touches or little touches on the soccer ball? Little touches around the area. Do we want to shoot at the coach or into the corners? Into the corners.