

# Week 5

## Focus - Physical Literacy Activity Name: Donkey Tails

### Introduction

Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts "Go!" players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.

### Variations

1. **Easier (U4):** Partner player with his/her parent and make it a 1 on 1 challenge with mom/dad!!



### Emphasis

- Running
- Change of Directions
- Finding Space
- Having Fun!

## Focus - Ball Literacy Name of Game: North/South Game

### Organization

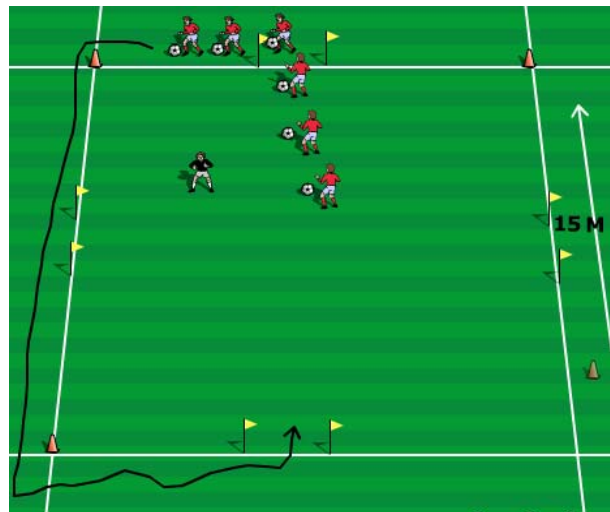
Start by having players dribble around grid. Coach shouts out "North" and players must dribble out the "North" goal, around the outside of the grid and re-enter through the "South" goal. Alternate between "North" & "South". Once players are comfortable with "North" & "South", introduce "East" & "West" goals.

### Alternatives

**Easier** – Use colours instead of directions, red, blue green etc

**Easier** - Perform with no balls start or have parents accompany players on their "voyage."

**Harder** – Parents exit opposite goal as players and race around the grid to see who can get back in first; parents or players (allow players to win!)



### Emphasis

- Running with the ball under control
- Turning in different directions.
- Having Fun!

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**Focus – Ball Literacy**  
**Name of Game – Houses**

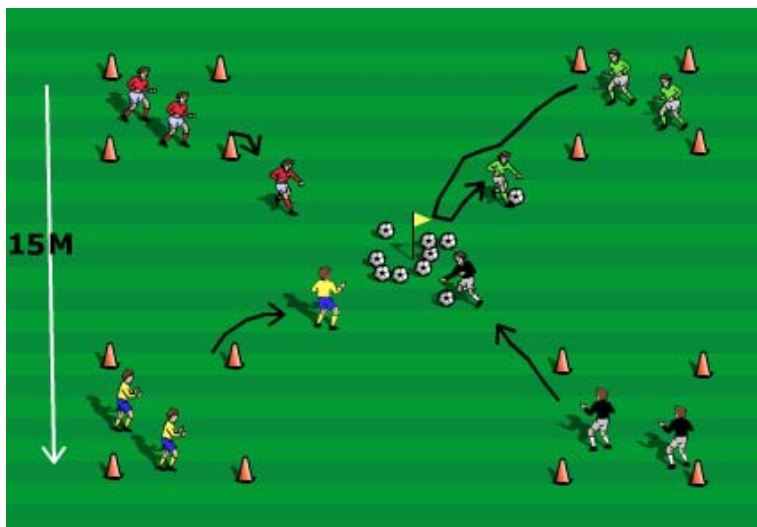
**Organization**

Set up four houses by placing four cones in each corner of the playing area. A parent/child team is stationed inside each house. Place all the balls in the middle of the playing area. On the coach's signal, one player at a time runs out to get a ball and brings it back to the house (must stop the ball inside the house). When the balls are all recovered, count the number of balls in each house.

**Alternatives**

**Easier** - Start by using hands to bring the balls back. Dribble ball back and stop ball in the house before next player can go.

**Harder** - Once all players have a ball they can switch houses or take balls back into middle again.



**Emphasis**

- Running
- Dribbling
- Stopping the ball
- Teamwork
- Having Fun!

**Focus – Small Sided Game**  
**Name of Game: Numbers Games – 2 Goals**

**Organization**

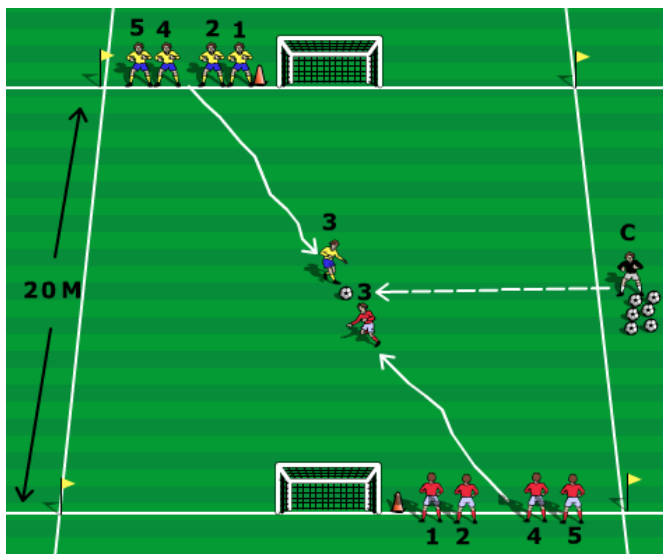
Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

**Alternatives**

**Easier:** have them just run it as a race with a ball in their hand and have them throw the ball in goal

**Easier (U4):** Put two balls so each can score goals

**Harder (U6)** – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



**Emphasis**

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

