

Week 10

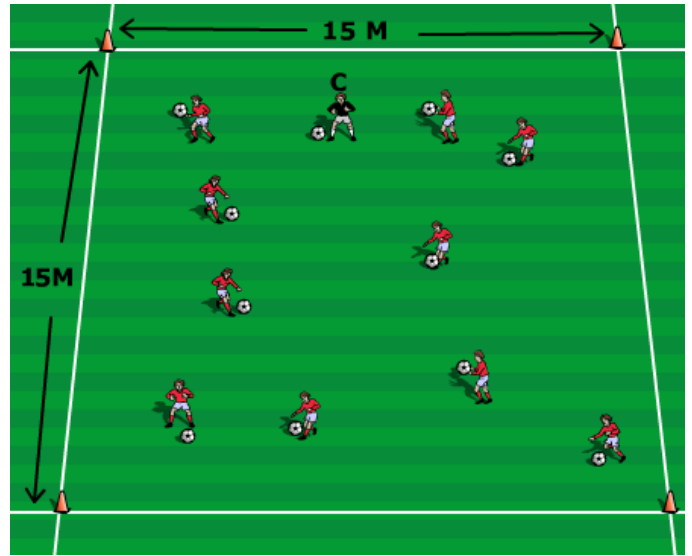
Focus – Ball Literacy
Name of Game: Red Light/ Green Light

Organization

Players move around the grid dribbling the ball – when coach shouts red light players stop. Green light players go. Go speeding – players go faster. Crash - players dive on their ball., Coach can be creative

Alternatives

Easier – Players play without a ball



Emphasis

- Keeping control of the ball,
Stopping with control/Change of pace

Focus - Ball Literacy
Name of Game: Nuts and Squirrels

Organization

Teams are divided into 4 groups - each group is given a different colored pinni. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.

Alternatives

Easier – Instead of dribbling players use hands.
Harder – One player from each group is allowed to steal a ball from the other team's triangle.



Emphasis

- Running
- Hopping
- Jumping
- Twisting
- Having Fun !

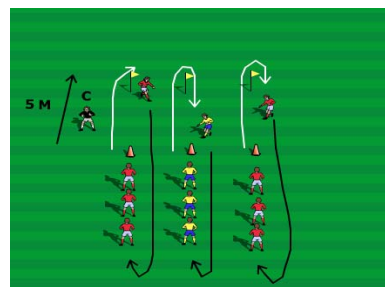
Focus: Physical Literacy
Activity Name: Relay Games

Introduction

Divide your players into three teams. Players on coaches command run around the flag and high five their team mate on their return. Once team mate touched next player can go. Players can then repeat using different actions, hopping one leg, bunny hops, etc

Variations

- Easier (U4)** – Players can run around their flag with parent holding hands.
- Harder (U6)** – Coach can make the game into a little race. Placing emphasis on completion of exercise and not winners



Emphasis

- Running
- Turning – different types
- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching your tree.
- Stopping the ball
- Teamwork
- Having Fun!

Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.

Alternatives

- Easier (U4)**– Two balls so both players can have success scoring.
- Harder (U6)** – No parents. Ask children to link arms and work together to stop goals.
- Harder (U6)** – Increase the # of players called into the grid to 2 or 3.



Emphasis

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