

TOPIC: Coordination & Movement

Age Group/Date: Little Paws Week 1

Area sizes planned for 12-18

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
15Min	<p>Goofy Stop and Go All players dribble their ball in the grid. When coach says, "STOP!" Players must stop their ball and freeze in a goofy position.</p> <p>Review foundation, toe touches, pull back, cut back. Introduce some other simple moves such as the V, or dribbling using different surfaces depending on the ability of the group. Put out different colored cones and yell a color. Kids go to that colored cone and do the designated move as if the cone is a defender.</p>	<p>20yds</p> <p>15yds</p>	<p>Movement education; repetition in ball touches; balance; eye-foot coordination; change of speed; change of direction; decision making.</p> <p>Introduce and explain why it is important to change speed after move is done.</p>
15Min	<p>Tail Tag All players have pinneys tucked into shorts. Run around grid and collect as many pinneys as possible. Add a ball to increase difficulty.</p> <p>Knee Tag All have ball in grid. Kids dribble around the grid and try to tag others on the knee. One point per knee you tag.</p>	<p>20yds</p> <p>15yds</p>	<p>Dribbling and shielding technique.</p>
10Min	<p>Follow the Leader -Chose one person from the group (or split into two groups) and have one player choose something silly or a skills to do with their soccer ball. The player says their name and does the skill and everyone copies. -The coach may want to jump in periodically and demonstrate a good skill to copy.</p>		<p>-Get to know your players, their personalities and any players that may need "extra" attention due to skill level or behavior. -Encourage players to get create. See if you can get them to try a stepover without an example. If not, show them and see if they'll copy. -Silly things are still ok. We want them to feel comfortable with the ball.</p>
10Min	<p>GET OUTTA HERE 3V3 -Split players up into groups of 3. Players play 3v3 until the ball leaves the run of play or a goal is scored, coach then yells "get outta here" and two new groups of player come in to play. Play w/ 4 goals. You must dribble through goals to score. PROGRESSION: -Play 4v4 to 2 goals. Any left over players should play as window players who stay out of bounds, but can move along the whole line. Make sure to rotate window players in.</p>		<p>-Look for good passing -Look for turns -Start to organizing spaces -Look to start spreading players out.</p>
5Min	<p>Cool down: Juggling Every player starts with a ball in his or her hands. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catch it. Eventually, they can try "thigh-thigh-foot-catch", etc.</p>		<p>-Encourage them to keep trying. -Remind them that they have to practice at home if they're going to get better.</p>