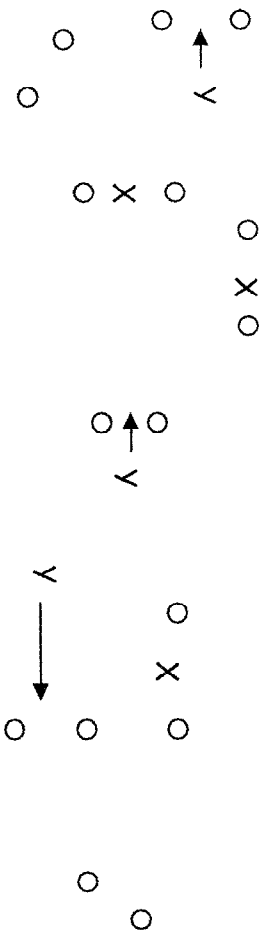


Spring Week One – Seven, Eight and Nine Year olds

	Duration / Area size & shape	Activity "Dribbling"
Warm-up	15 Minutes 15x20 yds	<u>Magic Square.</u> Different sides of the square are marked by different colors. Players dribble around different speeds (1 st gear, 2 nd gear). Each side of the square represents a change of direction move. Eventually run the session with hand signals only to encourage them to lift their heads up.
Activity 1	10 Minutes 15x20 yd Square	<u>Steal the Pinnie</u> Players dribble around with a pinnie hanging from the back of their shorts and try to steal others player's pinnies. Hold out the pinnies you have stolen, if you lose yours replace it with one you have stolen. The players must always have a ball, if you see a lose ball kick it away. The winner is the person to steal the most pinnies at the end.
Activity 2	10 minutes 30x20 yd rectangle	<u>Gate Keeper (see below)</u> See notes below. Identify one team with pinnies so you are ready for next activities. Start with straight forward dribbling through a gate and progress to a change of direction move (e.g. Stop and turn, Drag Back, or Cruyff) in a gate counts double.
Activity 3	15 minutes 30x20 yd Rectangle	<u>Get out of Here</u> Two teams line up alongside the coach at the halfway line. Coach throws out a ball and you shouts one, first player in the line runs out and plays 1v1 until a goal or ball goes out of bounds. Two is 2v2, three is 3v3 etc.
Activity 4	30 minutes	<u>Boss of the Balls - 4v4</u> Have plenty of balls next to you, if a ball goes out of bounds roll another one in to a free player. Try to make one or two coaching points on shape.
Warm Down	5 minutes	<u>Head Catch</u>

Gatekeeper



Rules:

Using either discs setup random gates in a defined area.

Split players into two teams X and Y.

The players from Team X stand in open gates with arms out and become the Gate Keepers and the gate is closed.

Three commands:

"Go" - Players from team Y players dribble through as many open gates as possible in a set period of time for example 30 seconds. They cannot go through the same gate twice in a row.

"Change" - Gatekeepers run to another open gate to close it.

"Stop" - Dribble's stop running and add up the number of gates passed through by a team.

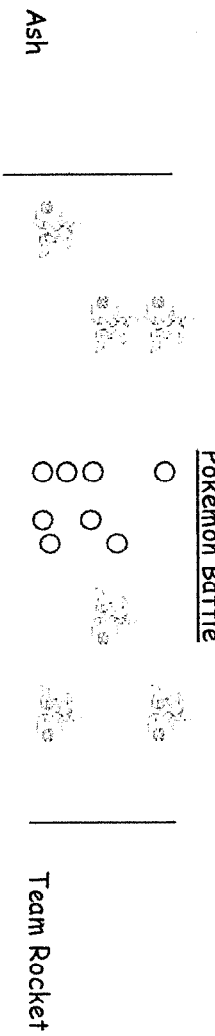
Next round alternate teams so dribble's become gatekeepers and visa-versa.

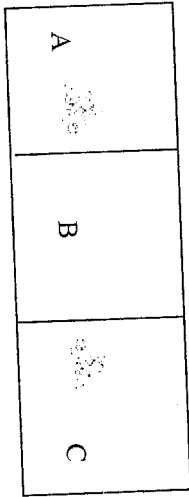
The winner is the team who passed through the most open gates.

Purpose: Working as a team, use all the necessary skills used in a game. Dribbling, observation and looking for open space.

8.

Lesson Plan - Week One - Five & Six Year olds

	Duration / Area size & shape	Activity
Warm-up	5 Minutes Unlimited space	<p align="center"><u>Retrieval Game (basically a "Go Fetch" game).</u></p> <p>Have players bring you their ball to you then throw it away and have them bring it back. Once they have the concept challenge them to bring it back to you using different parts of their body. For Example "Who can roll it back to me", "Skip whilst you bring it back to me", "Throw it in the air and clap", "Use only your right foot", "Use both feet", "Your head must touch the ball". Be creative and imaginative.</p>
Activity 1	10 Minutes 15x20 yd Square	<p align="center"><u>Snake (A.K.A "Blob Tag")</u></p> <p>All players dribble around in a defined area. The snake (facilitator or player) tries to tag them. Once you are tagged, join hands to form a snake then try to capture more players. Once there are four players in the snake it splits into two new ones. The last player tagged starts the next game as the snake.</p>
Activity 2	10 minutes 15x20 yd rectangle	<p align="center"><u>Pokemon Battle</u></p>  <p>Make two small squares thirty paces apart to make laboratories. Place plenty of balls "Poke Balls" in the area between the two labs. Split children into two groups and have each group in a different lab. The children have to capture the "Pokeballs" and take them back to their nests. At the end the nest with most "Poke Balls" wins. No protecting the balls.</p> <p>Run the game a few times:</p> <ol style="list-style-type: none"> 1. Initially, players can only capture balls from the middle and no stealing, 2. Once there are no balls in the middle players can steal from other team, 3. Finally put fewer balls than players in the middle so you develop 1v1 or 2v1.

Activity 3	10 Minutes 15x20 yd Rectangle	<p style="text-align: center;"><u>Junkyard Soccer (A.K.A. "Neighbors Backyard")</u></p> <div style="text-align: center;">  </div> <p>Divide an area into three equal sections A, B and C. Have one team in the left section A, no teams in the middle "B" or "No Man's Land" or "Fence" and have the other team in the right section "C". All players have a ball. On the command "Go" the idea is to kick all the balls out of your zone "Backyard" into the "Neighbors backyard" or zone. No players can go into the "No Man's Land" zone B; if a ball goes into the middle the facilitator kicks it back into play. Play for a set period of time then count up balls in each team's zone.</p>
Activity 4	20 minutes 15x20 yd rectangle	<p style="text-align: center;"><u>4v4</u></p> <p>Have plenty of balls next to you, if a ball goes out of bounds roll another one in to a free player.</p>
Cool down	5 minutes	<p style="text-align: center;"><u>Snakes in the Grass</u></p> <p>In a circle three yards in diameter a player lays face down on the ground "The Snake". All the other players place their hands on the snake. When the coach yells "Snake in the Grass", the players let go and the snake wriggles around on the ground and tries to tag other players on the leg. Once tagged they become snakes. No jumping over the snake or treading on their fingers. If anybody leaves the circle they become a snake. The last person tagged becomes the snake at the start of the next game.</p>