Activity Title: U5 - Day 1 Footwork

Activity Name: Grid 1 - Ups

Activity Setup: Place sets of three cones in a row touching, all over the grid randomly

Activity Description:

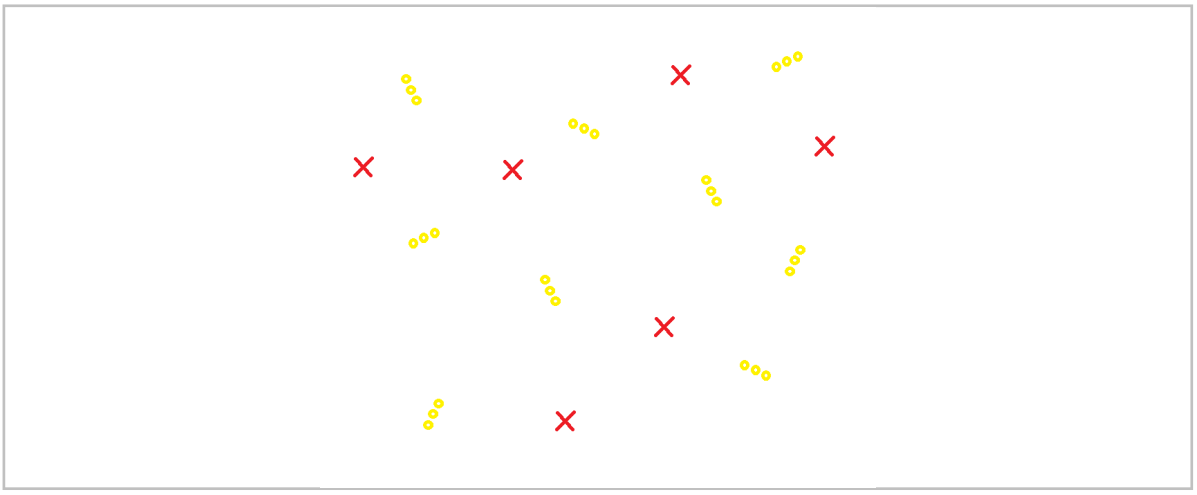
1.Players will jog to a set of cones and jump with two feet together over the cones.
2.Repeat, players will jog until coach says go, then find cones and jump over them.
3.Tag game, coaches as tagger, coach changes target if a player jumps over cones

Emphasis:

Two feet together
Jump as high as possible

Cue Words:

Encouragement for any effort



Activity Name: Grid 2 - Slides

Activity Setup: Makes 1 yard gates with cones spread randomly over the grid.

Activity Description:

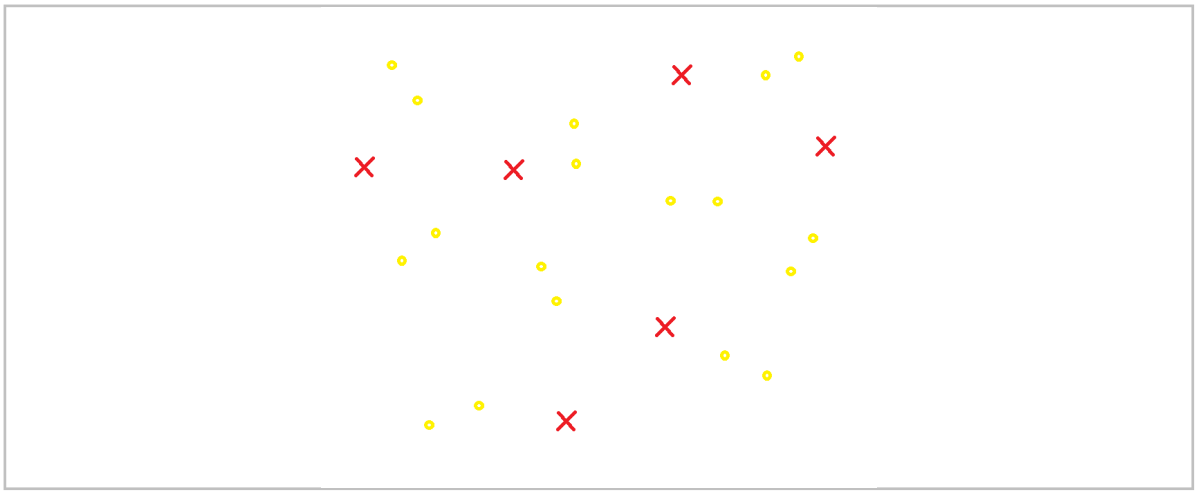
1. Players will slide sideways through the gate and then jog to find another and slide.
2. Players will slide through the gate then slide back through the gate and find another
3. Competition, how many gates can you get through in 20 seconds, repeat until over.

Emphasis:

Feet should slide not lift
Feet should not cross over

Cue Words:

Encouragement for any effort



Activity Title: U5 Day 1 Footwork

Activity Name: Grid 3 - Backs

Activity Setup: Make small channels using two sets of three cones parallel to each other. Place the channels all over the grid randomly.

Activity Description:

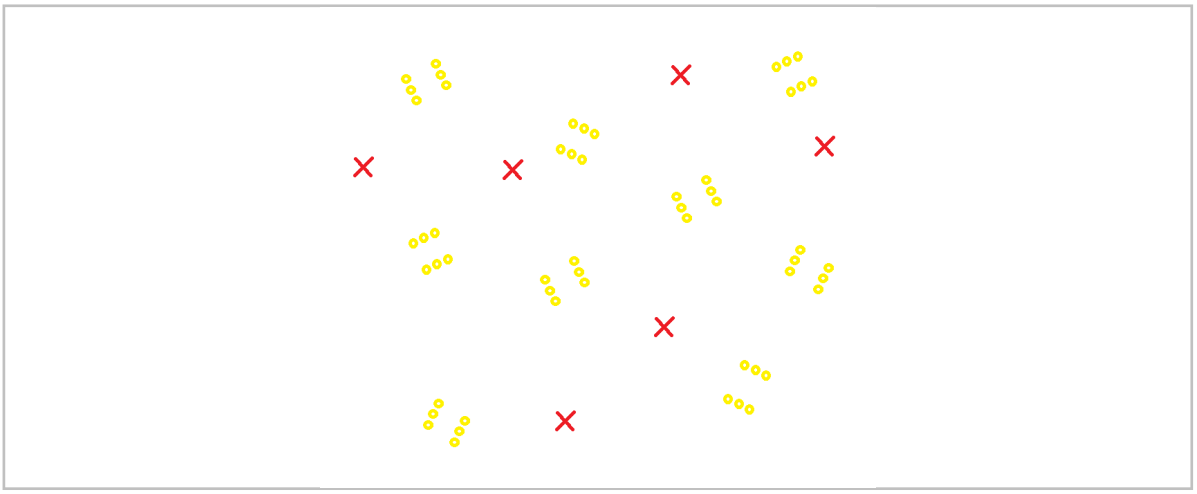
1.Player jog forward to a channel turn around jog backwards through the channel.
2.Repeat, once through the channel player sprints forward back through the channel.
3. Challenge to see how fast they can back up and sprint forward through channel.

Emphasis:

Shoulders forward when going backward

Cue Words:

Encouragement for any effort



Activity Name: Open play

Activity Setup: Divide the players up into enough teams to fill the fields that have a coach

Activity Description: Play

Emphasis:

Ball in the net
Stop the other team

Cue Words:

Encouragement for any effort