Activity Title: Day 1 Grid 1 U5

Activity Name: Follow the leader in place (active listening)

Activity Setup: All players will spread out around the grid with a ball at their feet.

Activity Description: Coach will call out and/or demonstrate what the players are to follow

IE. Foot on the ball. Other foot on the ball. Tap ball to one side. Tap Ball back. Jump beside the ball. Tap ball away. Jump back to ball. Sit down. Stand up. Raise your hand.

Players should listen watch and follow directions as quick and as accurately as they can.

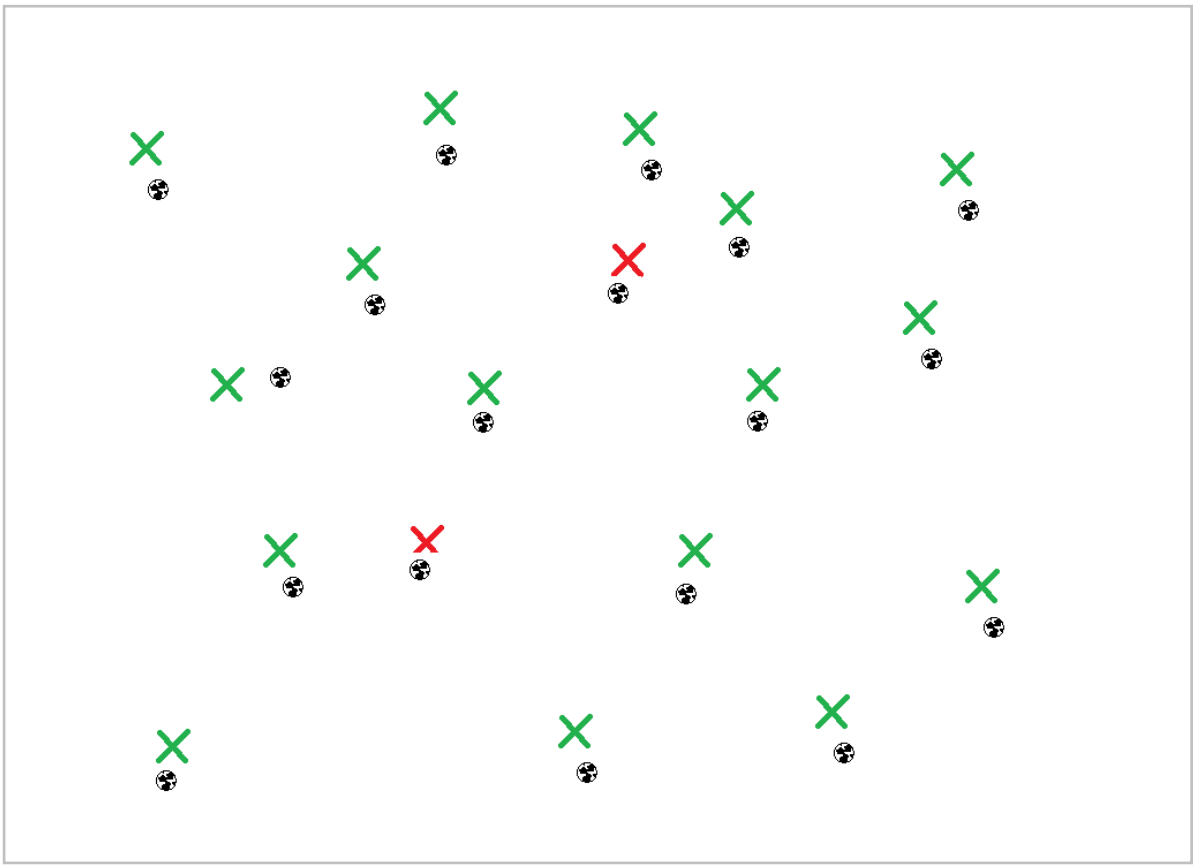
Take small encouragement breaks and do something silly to break the monotony (wiggles, jumps, run away from the ball to a line and back real fast, be creative)

Emphasis:

Paying attention

Following direction

Taking lead from others

Cue Words:

Individual encouragement at anything correct or close