Activity Title: U5 Day 1 Grid 2

Activity Name: Follow the leader on the move (active listening)

Activity Setup: Players will all have a ball at their feet.

Activity Description: Coach will move around the grid at a pace players can follow. Player must follow the coach around the grid using their feet to bring the ball with them.

Change directions, speed up a little, slow down a little, stop completely, do something with the ball.(Step on it, touch to the side, run around it).

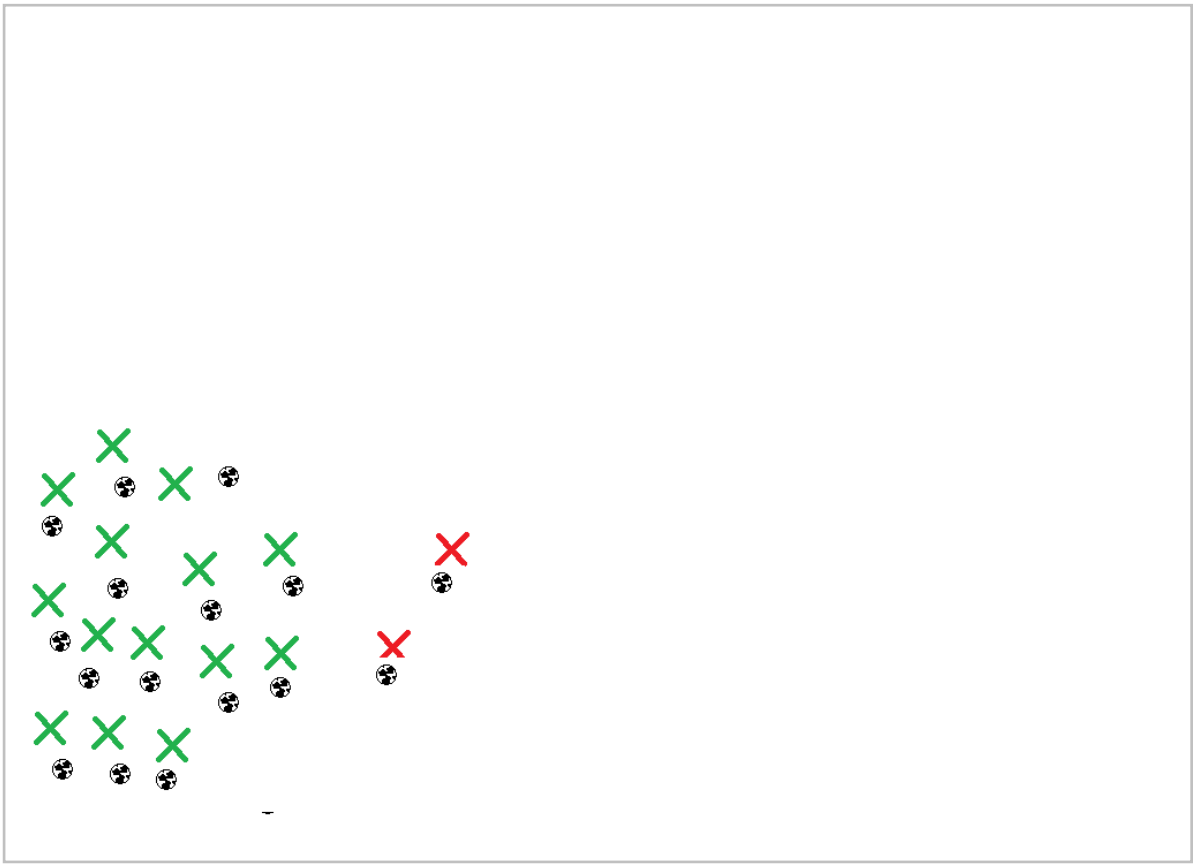
Take small encouragement breaks and do something silly to break the monotony (wiggles, jumps, run away from the ball to a line and back real fast, be creative)

Emphasis:

Paying attention

Following direction

Taking lead from others

Cue Words:

Individual encouragement at anything correct or close